

# Fall Prevention Class

*A 7-week program to help older adults prevent falls and stay independent.*

## Stepping On

Stepping On is an evidence-based fall prevention program for adults age 55 and older. Participants will learn practical strategies to improve balance, build strength, reduce fall hazards, and feel more confident staying active.



### This program may suit adults who:

- ✓ Are age 55 or older
- ✓ Live at home
- ✓ Want to prevent falls
- ✓ Have a fear of falling
- ✓ Have fallen in the past year



### Topics include:

- Balance and strength exercises
- Medication and fall risk
- Vision and balance
- Safe footwear
- Fall hazards in the home
- Strategies to prevent falls in the community

## Now Offering Two Convenient Locations



### LCAP Location

#### Licking County Aging Partners (LCAP)

1058 East Main Street  
Newark, OH 43055



**Date:** Thursdays, July 9 – Aug. 20, 2026



**Time:** 10:00 AM – 12:00 PM



**To Register:** **740-345-0821**



### YMCA Location

#### Buckeye Valley YMCA

355 W. Broad Street  
Pataskala OH 43062



**Date:** Mondays, Sept. 14 – Oct. 26, 2026



**Time:** 1:00 PM – 3:00 PM



**To Register:** **740-924-5301**

For additional questions, contact  
LCHD at (740) 349-6535.

