



**PROVEN  
TO REDUCE  
FALLS BY  
31%**

# Don't let a fall cramp your style.

60 or older? Join us for a free\* 7-week workshop!

## Stepping On

Mondays, 1:30–3:30 p.m.  
February 9–March 23, 2026  
Kenosha County Job Center  
8600 Sheridan Road, Room N2  
Kenosha WI, 53140

*\*donations accepted*



One in four people 65 or older has a fall each year.  
You don't have to be one of them.  
CALL the ADRC by Feb. 4 to register:

**262-605-6646**

**ADRC**  
Aging and Disability Resource Center  
of Kenosha County