

# Falling is **NOT** a normal part of aging!!

**"Stepping On"** workshops are proven by research  
to build confidence and reduce falls, helping you

**KEEP YOUR INDEPENDENCE!!**

You are invited to attend in **SURING!**

Tuesdays 1:30-3:30 p.m. Sept 20—Nov 1, 2016

**Suring Area Public Library (village hall)**

604 E. Main Street--Suring

*\$20—includes all sessions, supplies and snacks*

**For more details, and to register, call Carol at 920-373-1441**

This workshop is provided by the Oconto County Commission on Aging

**"Stepping On"** is presented by: Quality Living By Choice

**"It's not a dance class, but it's just as much fun!"**

