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News Release

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Free Fall Prevention Class

ST. GEORGE, UT – Did you know that falls are the leading cause of injuries and injury-related death among adults aged 65 and over? Falling once doubles your chance of falling again, and while 25% of older people experience a fall each year, less than half of them tell their doctor.

The Southwest Utah Public Health Department (SWUPHD) is holding a free 7-class series called “Stepping On”, which will cover topics like risk assessment, vision and footwear, medication management, and preventing falls at home, in the community, and while travelling.

WHAT: “Stepping On” Fall Prevention Series (7 in-person classes)

WHO: Adults age 65+ and family members

WHEN: Starts Tuesday, January 14th (10am-noon), ends February 25

WHERE: SWUPHD office (620 S. 400 E. in St. George)

SIGN UP online for FREE: [tinyurl.com/SteppingOnFreeClass](https://www.tinyurl.com/SteppingOnFreeClass)

Sign up now and join us to learn how to stay safe on your feet!

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The mission of the Southwest Utah Public Health Department is to protect the community's health through the promotion of wellness and the prevention of disease. Visit our website at www.swuhealth.gov.