

STRIDE OUT

safe & steady

Stay safe and confident to maintain your independence in your daily functions

Do you ...

- **Have a loss of vision?**
- **Have a fear of falls?**
- **Have difficulty judging the depths of steps and gutters?**
- **Take a long time to adjust to changes in lighting?**
- **Stay home more nowadays because of difficulties in vision?**
- **Want to remain active and access your community easily?**

Guide Dogs NSW/ACT is conducting a group exercise and confidence building program that places emphasis on reducing the risk of falls.

This community-based program runs for one day per week (3 hours) for 10 consecutive weeks and is **FREE** for participants.



If you are 55 years old or over, please call Guide Dogs NSW/ACT for further information or to register on **1800 484 333** or find us online at **guidedogs.com.au** and **visionloss.com.au**.

Acknowledgement

- © Clemson & Swann 2003 *Stepping On, Building confidence and reducing falls, A community-based program for older people*
- NSW Falls Prevention Network

