



Improve balance and reduce falls

Stepping Up

Stepping Up is an evidence-based exercise program for persons with memory loss and their care partners. It is designed for each individual's abilities and improves flexibility, strength, endurance, and balance. Stepping Up focuses on lower body strengthening and has been shown to reduce falls in adults.

Participant Criteria:

- ◆ Memory loss diagnosis
- ◆ Community dwelling; Not living in a care facility
- ◆ Able to walk independently; May use a walking aid
- ◆ Commitment to perform home exercise program
- ◆ Care partner to come to class and help exercise at home
- ◆ Commitment to attend the majority of classes
- ◆ Participant and care partner meet privately with the instructor prior to group class for progress checks

1:30 PM - 2:30 PM, THURSDAYS

Held every Thursday of each month



FIRST CONGREGATIONAL UNITED CHURCH
2100 S. Bates, Springfield

To register or to learn more information:

care@siumed.edu or 217.545.7204



SIU MEDICINE

DALE & DEBORAH SMITH CENTER
FOR ALZHEIMER'S RESEARCH
& TREATMENT