

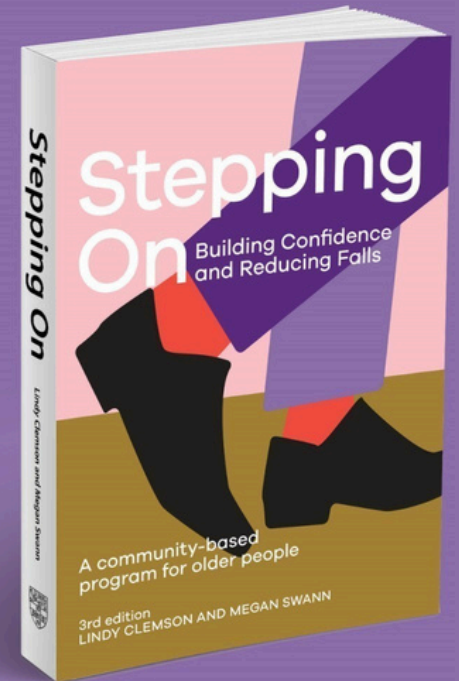
## Build Confidence, Prevent Falls

Are you interested in facilitating a Stepping On program? If you are an allied health, nursing or community worker with an aged care certificate, incl. CALD. You can!

### WHAT YOU WILL LEARN:

- ✓ How to plan and implement Stepping On programs, using our Stepping On manual as a resource.
- ✓ Key evidence-based prevention strategies to enable older people to reduce their risk of falling.
- ✓ How to resource and up-skill experts and incorporate other community resources.
- ✓ The importance of building trust and cohesiveness among group participants and using the group as a learning environment.
- ✓ How to set homework in ways that participants will practice and implement targeted behaviours in everyday.

# Stepping On TRAINING DAY



**Date: Mon 16th June 2025**

**Time: 8:45am to 4pm**

**Location: 1 Glover st  
Lilyfield Sydney**

**Cost: \$650 per person**

# Stepping On

Facilitator will be Megan Swann, Occupational Therapist and co-author of the Stepping On Program

**Enquiries through our website:**  
[www.steppingon.com/contact-us/](http://www.steppingon.com/contact-us/)