



iowa community HUB

January 12–14th Stepping On FACILITATOR TRAINING

IOWA HEALTH CARE

Why Stepping On Matters

Stepping On is an evidence-based program shown to reduce falls by nearly one-third, helping older adults build the confidence and practical skills to stay safe, active, and independent.

Help expand access to falls prevention across Iowa by becoming a trained facilitator and bringing this valuable program to your community.

Three-day Virtual Training Dates & Times

Tuesday, January 12: 8:30 AM - 3:30 PM
Wednesday, January 13: 8:30 AM - 3:30 PM
Thursday, January 14: 8:30 AM - 12:30 PM

Program Site Commitments

- Have two trained facilitators to deliver workshops.
- Deliver at least one Stepping On workshop every 12 months to maintain active status.

Training and Support

No-cost training: Training costs are covered by grant funding.

Program funding: Up to eight organizations will receive $3,000 per year for up to three years to support program delivery establishment.

Ongoing support: Participating sites will receive program delivery support from the Iowa Community HUB and the Project Team.

Grant Funding Acknowledgement

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Learn more about Stepping On
https://www.ncoa.org/article/evidence-based-program-stepping-on/

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