Hadley

One Stair at a Time Sample

Sometimes the best way to go where we need to go is to take the stairs. So here's how we handle the ups and downs. Let's begin by traveling upstairs.

We grasp the handrail, line up in front of the first step, and shift our balance a little forward over our hips. Next, we tap the toes of one foot against the riser, that's the vertical part of the first step. We slide our toes up the riser and place our foot on the first step.

**Ed:** Now that you've had a chance to learn a bit with us, we'd like to learn more about you. Your name, email address, how you heard about Hadley, and your relationship to vision loss. Learning more will give us a better understanding of how to personalize Hadley just for you. And don't worry, everything you share with us online will be kept safe and secure. Of course if you'd prefer to talk through these questions, we're just a phone call away, at 800-323-4238.

Taking these few steps saves your preferences so you can continue right where you left off and track your progress every time you log on. Plus, it connects you to the Hadley community and helps sustain our funding to keep Hadley free of charge. And last but not least, it gives you direct access to experts like me. Now, where were we?