

DO YOU HAVE **Concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

WHO COULD BENEFIT?

Anyone 60 years or older who:

- is concerned about falls
- is interested in improving balance, flexibility, and strength
- has fallen in the past
- has restricted activities because of concerns about falling
- is able to problem solve and remember discussions

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- reduce fall risks at home
- exercise to increase strength and balance

****Upcoming Workshop****
8 Weeks

Mt. Olive Lutheran Church

Mondays

June 3 – July 29

No Class June 17

9:30 am – 11:30 am

REGISTRATION IS REQUIRED

There is **NO COST** to participate
Class size limited to 12 participants

To REGISTER, please contact:

(512) 288-2370

Sponsored by
Area Agency on Aging of the Capital Area

