

# 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**

**Travis County**

**Oak Hill Community Center**  
**8656 W Hwy 71**  
**Bldg A**

**Mondays**

**June 3 – July 22**

**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) 854-2130 press 0**

*Sponsored by*

*Area Agency on Aging of the Capital Area*

