

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.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

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

WHO SHOULD ATTEND?

- anyone 60 years and older who is mobile and cognitively aware
- anyone concerned about falls
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



Sponsored by Area Agency on Aging
and is free to participants

Who: Anyone with a fear of falling

Where: 1100 Estates Dr. Building A.
Woodway, TX 76712

When: 8:30-10:30 am April 10th - May 29th

Classes meet once a week for 8 weeks.

Cost: Free

Must pre-register to participate.

For more information please contact:

**Call: Vicki at (254) 214- 2115 or
254-292-1855**

Email: tiffany.soto@hot.cog.tx.us

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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A Matter of Balance Lay Leader Model

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