

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?

- Older adults age 60 +
- seniors concerned about falls
- seniors interested in improving balance, flexibility and strength
- seniors who have restricted activities because of falling concerns

Western Piedmont Area Agency on Aging
is bringing you this program
for **FREE!**

4 Week Program

**Mondays & Wednesdays
9:00 a.m. - 11:00 a.m.**

October 2nd – October 28th

**Holy Trinity Lutheran
Church**

**547 6th St. NW
Hickory, NC 28601**

**Call the Sarah Stamey
to register. Class size is limited!
(828) 482-4216**



Area Agency on Aging

A Matter of Balance: Managing Concerns About Falls

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