

# 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!**

**8 Week Program**

**Fridays**

**3:00 pm – 5:00 pm**

**January 25<sup>th</sup> – March 15<sup>th</sup>**

**Caldwell Senior Center  
Senior Center**

**Call the Caldwell Senior Center  
to register. Class size is limited!  
(828) 758-2883**



**WPCOG**

*Area Agency on Aging*

#### **A Matter of Balance: Managing Concerns About Falls**

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