



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 risk at home
- Exercise to increase strength and balance

**Who should attend?**

- 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

## DO YOU HAVE CONCERNS ABOUT FALLING?

### Join Care Connection Aging and Disability Resource Center for an Exciting Series of Classes Called **A MATTER OF BALANCE**

**An award-winning program designed to manage falls and increase activity levels.**



**Each two-hour class meets once a week for 8 weeks.**

**For more information please contact Care Connection at 855-937-2372**

**DATE:**

**TIME:**

**LOCATION:**