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: