

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

Thursdays

2:00 pm – 4:00 pm

March 2nd – April 20th

**Morganton-Burke
Senior Center**

**Call the Morganton Burke Senior Center
to register. Class size is limited!
(828) 430-4147**



Area Agency on Aging

A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.