

Do you have **Concerns About Falling?**

*Join us for a **FREE WORKSHOP**
designed to manage falls
and increase activity levels.*

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? Anyone who:

- Is concerned about falls
- Is interested in improving balance, flexibility and strength
- Has fallen in the past
- Has restricted activities because of falling concerns

How do I register?

Call Marisa Ramos-Mason at **910-433-3892**



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Wednesdays

1 p.m. - 3:30 p.m.

September 11, 18, 25

October 2, 9, 16, 23, 30

St. Luke A.M.E. Church

**522 Hillsboro Street
Fayetteville**



Accredited by the North Carolina Local
Health Department Accreditation Board



Public Health
Prevent. Promote. Protect.

**Cumberland County
Department of Public Health**