Do you have Concerns About Falling?

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

You will learn to:

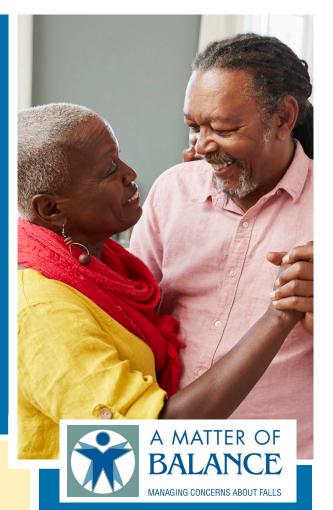
- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

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



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





If you would like more information about the Cumberland County Department of Public Health's programs and services, health-related data, or community resources, please call (910) 433-3600 or visit with someone at the information desk, or visit our website at co.cumberland.nc.us/health.aspx#. Comments are welcome and can be submitted on our website at http://www.co.cumberland.nc.us/feedback. The Health Department is located at 1235 Ramsey Street in Fayetteville. Duane Holder, Interim Health Director.