



JOIN US FOR AN A MATTER OF BALANCE WORKSHOP

10:00AM – 12:00PM
TUESDAYS AND THURSDAYS
OCT. 10TH-NOV. 7TH

The class will be held
online via
Microsoft Teams

TO REGISTER FOLLOW THIS LINK

Helps to reduce the
fear of falling and
increase the activity
levels of older adults
who have concerns
about falling.



- Learn to :
- view falls and a fear of falling as controllable;
 - set realistic goals for increasing activity;
 - change your environment to reduce fall risk factors;
 - increase strength and balance

Classes are open to the public and offered at NO CHARGE to adults over 60 and adults with disabilities of any age. For NC Residents with internet access.

