

Do you have **Concerns** about falling?

JOIN OUR **FALL PREVENTION CLASS**

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?

- 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

A Matter of Balance is a **FREE** fall-prevention program that consists of eight sessions.



Classes will be:

February 27 - April 17, 2023

— Every Monday —

1:00 p.m.—3:00 p.m.

at

Parker County Extension Office

604 North Main St.

Weatherford, TX 76086

A Matter of Balance Lay Leader Model

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.
A Matter of Balance Lay Leader Model was developed by a grant from the Administration of Aging (#90AM2780)*



*Funded in part by the Texas Department of Aging & Disability Services
A program of the North Central Texas Council of Governments*

