



A program of the North Central Texas Council of Governments and funded, in part, by Texas Health and Human Services Commission.



JOIN OUR FALL PREVENTION WORKSHOP!



A Matter of Balance: Managing Concerns about Falls

is an award-winning program designed to manage falls and increase activity levels. The free workshop series consists of eight, 2-hour classes and emphasizes practical strategies to manage falls.

Who should attend?

Anyone who is at least 60 years of age and:

- Is concerned about falling
- Would like to improve balance, flexibility, and strength
- Has fallen in the past; and/or
- Has restricted activities

Participants will learn to:

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

Make friends and learn to manage falls!



When	Location
September 14 – November 2, 2026 <i>Mondays for 8 weeks</i> 10:00 am – 12:00 pm	Meals on Wheels North Central Texas 203 Kimberly Drive Cleburne, Texas 76031

Workshop is limited to 12 participants. To register call:

Sharon Rowbottom

North Central Texas Area Agency on Aging (817) 608-2373

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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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 on Aging (#90AM2780).