



Do you have concerns about falling? JOIN OUR FALL PREVENTION CLASS

A Matter of Balance is a **FREE** fall-prevention workshop that consists of eight classes. It is an award-winning program designed to manage falls and increase activity levels.

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

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



When	Location
September 25 – November 13, 2023 Eight Mondays 12:00 PM - 2:00 pm	Medical City McKinney 4510 Medical Center Drive Suite 313 (medical office building) McKinney, TX 75069

For more information or to register call Kathy Galt at (972) 322-7920 or

Log onto:

<https://forms.office.com/r/difS9RAwUL>

or scan QR code to the right.

