



A program of the North Central Texas Council of Governments.



JOIN OUR FALL PREVENTION WORKSHOPS!

A Matter of Balance: Managing Concerns about Falls is a **FREE** fall-prevention workshop with eight classes.

It is an award-winning program designed to manage falls and increase activity levels.

WHO SHOULD ATTEND

60 years of age or older

- Concerned about falling
- Improve balance, flexibility, and strength
- History of falling

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
January 27 – March 17, 2025 <i>Eight Mondays</i> 2 p.m. – 4 p.m.	Methodist Mansfield Medical Center Conference Room C, 1 st Floor 2700 E. Broad Street, Mansfield, TX 76063

To register please visit:

North Central Texas Council of Governments Area Agency on Aging

<https://www.nctcog.org/Aging-Services/Classes>

Kim Mathis: (940) 999-1024 or kmathis@nctcog.org

Parking: Visitor lots by Women's Center Entrance
Entrance: Women's Center

Follow hall to left through Café and signs leading to Administration – Conference Room C



Class Location: Conference Room C

