DO YOU HAVE concerns about falling?

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 Class
Good Samaritan Society - Denton Village
2500 Hinkle Dr., Denton, Texas
March 10 – April 8, 2020
1:00 pm – 3:00 pm
(Eight Tuesday afternoons)

If you have questions, contact Kim Mathis at (940) 999-1024 or email: kmathis@nctcog.org

To register, contact Tanya Hickman at (940) 383-6345 or email: phickman@good-sam.com

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