DO YOU HAVE concerns about falling?

JOIN OUR VIRTUAL 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 nine workshops, held once a week for nine consecutive weeks.

Now offered through Zoom

September 23 through November 18
Each Thursday
1:00 pm to 3:00 pm
Virtual Zoom Workshop
For More Information Contact:
Kim Mathis at (800) 272-3921
kmathis@nctcog.org

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