

# FREE FALL PREVENTION WORKSHOP



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**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 or want to prevent future 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



## Free! Sign up now!

**You must register in advance and be prepared to attend all sessions**

**To register please for more information: (940) 627-3341**

March 2 through April 20, 2020  
Each Monday  
1:00 p.m. to 3:00 p.m.  
Texas AgriLife Extension  
206 State Street  
Decatur, TX



**TEXAS**  
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**AGRI LIFE**  
EXTENSION



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To ask questions or get more information please contact: Laura Wolfe @ 800-272-3921 or email: [lwolfe@nctcog.org](mailto:lwolfe@nctcog.org) [www.nctcog.org/aging-services](http://www.nctcog.org/aging-services)