

# 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!

**Space is limited!**

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

**To register or for more information:**

<https://webtrac.burlesontx.com/wbWSC/webtrac.wsc/splash.html?>

**Or call: 817-426-9106**

Burleson Recreation Center  
(BRiCk)  
550 NW Summercrest Blvd.  
March 2 through April 20, 2020  
Each Monday  
9:30 to 11:30



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**TEXAS**  
Health and Human  
Services

**Burleson**  
TEXAS

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)