



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

DO YOU HAVE **concerns**  
**about falling?**

## JOIN OUR VIRTUAL FALL PREVENTION CLASSES

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.



**During the nine classes, 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

If you live in one of these rural counties (Erath, Navarro, Palo Pinto, or Somervell) and participate in classes you may qualify for a "thank you" gift! You may receive a \$10 gift card for Amazon or Walmart after you attend the third class and another \$15 gift card for completing the workshop.

**A Matter of Balance  
Now Offered through Zoom**

Want to register?  
Contact **Laura Wolfe** at  
[lwolfe@nctcog.org](mailto:lwolfe@nctcog.org) or call (800)  
272-3921



**TEXAS**  
Health and Human  
Services

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A program of the North Central Texas Council of Governments.*





## **A MATTER OF BALANCE Virtual Classes on Zoom**

- Please register for classes as seating is limited
- You must have a device with a video/audio capabilities for each class
- To receive the full benefit of our A Matter of Balance workshops plan on attending all 9 sessions

<b>Dates</b>	<b>Day of the Week</b>	<b>Time</b>	<b># Classes</b>
April 5-May 31, 2021	Monday	1:00 pm to 3:00 pm	9
April 6-May 4, 2021	Tuesday and Thursday	1:00 pm to 3:00 pm	9
April 7-May 5, 2021	Wednesday and Friday	9:00 am to 11:00 am	9
May 6-July 1, 2021	Thursday	12:00 to 2:00 pm	9
May 4-June 29, 2021	Tuesday	9:00 am to 11:00 am	9
May 7-June 4, 2021	Wednesday and Friday	9:00 am to 11:00 am	9
May 11-June 9, 2021	Tuesday and Wednesday	12:00 to 2:00 pm	9
June 7-July 5, 2021	Monday and Friday	12:00 to 2:00 pm	9
May 20-June 17, 2021	Monday and Thursday	9:00 am to 11:00 am	9