

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!**
- **Please register in advance and be prepared to attend all sessions.**
- **Class size is limited.**
- **To register please contact: Pam or Robin at Somervell County Citizens Center (254) 897-2139**

March 5 through April 22, 2020
1:00 p.m. to 3:00 p.m.
Somervell County Citizens
Center
209 SW Barnard St.
Glen Rose, TX



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To ask questions or to get more information, please contact: Laura Wolfe @ 800-272-3921 or email: lwolfe@nctcog.org, www.nctcog.org/aging-services