

# 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**

**To register or for more information:  
972-548-7170 or email:  
Christy.Sadler@rhf.org**

Towne Creek Apartments  
506 S. Graves St.  
McKinney, TX  
March 30 through April 22, 2020  
Mondays and Wednesdays  
1:00 p.m. to 3:00 p.m.



**TEXAS**  
Health and Human  
Services

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