

JOIN OUR FALL PREVENTION WORKSHOP!

A Matter of Balance: Managing Concerns about Falls

is an award-winning program designed to manage falls and increase activity levels. The free course consists of eight, 2-hour classes and emphasizes practical strategies to manage falls.

Who should attend?

Anyone who is at least 60 years of age and:

- Is concerned about falling
- Would like to improve balance, flexibility, and strength
- Has fallen in the past
- Has restricted activities

Participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase balance, flexibility, and strength

***Make friends and
learn to manage falls!***



When	Location
June 30 – July 28, 2025 (skip July 4 th) Mondays and Fridays for 4 weeks 1:00 pm – 3:00 pm	Medical City McKinney - Medical Office Building 4510 Medical Center Drive - Suite 313 McKinney, TX 75069

Class size is limited. To register please call:

North Central Texas Council of Governments Area Agency on Aging
Kim Mathis (940) 999-1024 or email kmathis@nctcog.org

Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006 This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. **A Matter of Balance Lay Leader Model** Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).