

DO YOU HAVE **Concerns** about falling?

JOIN OUR FALL PREVENTION CLASS.

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.

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
- anyone interested in improving balance, flexibility, and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

A Matter of Balance is a **FREE** fall-prevention program that consists of eight workshops



Sept. 19 – Oct. 17, 2022
(Mon and Wed)
10:00 am – 12:00 pm

Texas A&M AgriLife Extension
604 North Main St., Suite 200
Weatherford, TX 76086

To register contact Kathy Smith at
817-598-6168 or sign up through the
Area Agency on Aging website at:

<https://nctcog.org/aging-services/classes>

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).



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