



Falls are the leading cause of both fatal and nonfatal injuries for Ohioans 65 and over.

Ohio spends hundreds of millions of dollars in medical and work-loss costs every year treating falls among older adults. This is an economic issue for all of us! The **GOOD** news is that many falls are **preventable**!

Participation in a **Matter of Balance** has proven to be effective in the management of falls.

Matter of Balance (MOB) is a program designed to reduce the fear of falling and increase the activity level of older adults who have this concern.



During a series of eight 2-hour workshops, participants learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Recognize fall risk factors and
- Engage in range of motion exercises to increase strength & balance

Join this **FREE** workshop series at:

### **Marion Franklin Community Center**

2801 Lockbourne Rd.

Columbus, OH 43207

(614) 645-3612

**Fridays 8:30am-10:30am**

**October 20th — December 15th**

*\*\*There will be no class on November 24th\*\**

Attendance requested at all sessions

*Registration required.*

*Registration deadline October 13th*

To register contact **Bryana Ross** or **Nikki VanDine**

**614-645-0589** or **614-645-3176**

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Presented by

