

DO YOU HAVE **concerns** about falling?



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

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

Location: Prairie Township
Community Center
5955 W. Broad St
Galloway, OH 43119

Dates: Mondays (8 Classes)
October 22, 29
November 5, 12, 19, 26
December 3, 10
Time: 1:00pm – 3:00pm

Cost: \$10.00

For more information please contact
Michelle Murray
614-566-9816
michelle.murray@ohiohealth.com

