



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 two-hour workshops, participants learn to:

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

Join this **FREE** workshop series at:

SourcePoint

800 Cheshire Road, Delaware, OH 43015

Wednesdays, 1 to 3 p.m.

April 4 through May 23

Attendance requested at all sessions. *Registration required.*

Presented by



Register online at
MySourcePoint.org/ec
or call 740-363-6677