



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:

Wesley Glen Wellness Center
5155 N. High St. Columbus, OH 43214

Tuesdays & Thursdays 2:30pm-4:30pm

April 3rd—April 26th

To register contact Spencer Fee
614-396-4938

Sfee@thewesleyway.org

Presented by

