

# DO YOU HAVE **concerns** about falling?

**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.**



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**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

**We are currently enrolling people in our next TWO A Matter of Balance classes.**

### **Class 1 Schedule: 1 – 3PM**

**Mondays, Oct 14 through Dec 9\***

(\*No class, November 25, Thanksgiving week)

**CLSD Bill Platt Training Center**

**38901 Ocean Dr, Gualala**

### **Class 2 Schedule: 1 – 3PM**

**Thursdays, Oct 17 through Dec 12\***

(\*No class, November 28, Thanksgiving week)

**Manchester Community Center**

**43970 Crispin Rd, Manchester**

There is no fee for the classes, however donations are gratefully accepted.

**Please Register: 707.412.3176 x102**

Matter of Balance is a program that is part of the Community Fall Prevention Program that was created by Coast Life Support District, Coastal Seniors, Redwood Coast Medical Center and community strength and balance professionals.

