

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 A Matter of Balance classes.

Class schedule:

Fridays, March 1 through April 26*

(*no class March 29)

2 – 4PM,

CLSD Bill Platt Training Center

38901 Ocean Dr, Gualala

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

For information or to sign up please contact:

Janis Sites at 707.412.3176 extension 102

Program provided by a local collaboration among Coast Life Support District, Coastal Seniors, Redwood Coast Medical Center, Mendonoma Health Alliance and community strength and balance professionals.