

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

FREE

Classes once a week for 8 weeks

**Tuesday, September 9th
Thru
Tuesday, October 28th**

Time: 1:15 p.m. to 3:15 p.m.

**Lewes Senior Activity Center
32083 Janice Road
Lewes, DE 19958**

 **VOLUNTEER
DELAWARE 50+**

**To Register:
CALL: 302-645-9293**