

Do you have concerns  
about falling?

## **A Matter of Balance** Managing Your Concerns About Falls



Many older adults restrict their activities because of concerns about falling. 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.

Participants 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 and strength.
- Anyone who has fallen in the past.
- Anyone who has limited activities due to falling concerns.

Classes will be held on consecutive Mondays for 8 weeks.  
Classes are 2 hours in length.

Lawther Center  
16024 Madison Ave.

Beginning Monday, March 5, 2018  
Time: 9:30 AM – 11:30 AM

For more info, or to preregister, please call: 216-529-5005

