

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 60 years and older who is 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

WHERE: George Wickline Senior Center
800 S. Daytona Ave. Flagler Beach 32136

TIME: 2:00 - 4:00 p.m.

WHEN: Tuesdays & Thursdays

DATES: August 15 - September 7, 2017
8/15, 8/17, 8/22, 8/24, 8/29, 8/31, 9/5, 9/7

COST: No Charge
Twice weekly classes meet for four weeks
Pre-registration required

CONTACT: NEFAHEC Senior Programs
to register or for information.
(904) 482-0189



Sponsored by: NEFAHEC and ElderSource
(in cooperation with Flagler County Senior Services and the city of Flagler Beach)

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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