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

This program is **FREE**!

Hosted by:
Jan Baldwin & Amy Comer

MASTER WELLNESS VOLUNTEER PROGRAM
Brazoria County

Houston Galveston Area Council

WHERE:
Covenant Evangelical Presbyterian Church
102 Yaupon in Lake Jackson

WHEN:
Mondays & Fridays
beginning August 6 and concluding August 31
1:30PM - 3:30PM

WHAT:
A Matter of Balance is an 8 lesson series, participants are asked to attend the entire series.

Choose your sign up option:

Call: (979) 864-1555 email: clatour@ag.tamu.edu online: www.Brazoria.AgriLife.org

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