

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 8 session 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



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TEXAS A&M
AGRI LIFE
EXTENSION

March 6 through April 24, 2019

Wednesdays 1:00 pm to 3:00 pm

**Texas A&M AgriLife Extension
Service**

206 S. State Street, Decatur, TX

**To register call 940-627-3341
or email khbrown@ag.tamu.edu**

Workshop is FREE to all, although contributions are accepted.

For more information contact Laura Wolfe at lwolfe@nctcog.org, or call (972) 978-1371.
http://www.nctcog.org/aging/older_adults