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## **Wise Notes for Consumers**

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### **Free Fall Prevention Classes Beginning Wednesday March 6<sup>th</sup>**

Have you fallen or are you afraid you may fall?? Do you want to learn how to minimize your risks of falling?? If you answered yes, then join us for our FREE small group Matter of Balance workshop beginning on March 2 through April 20, 2020, eight Wednesdays from 1:00 to 3:00 p.m. at Wise County's AgriLife Extension office, 206 S. State Street, #A, Decatur. This program is a joint effort between the North Central Texas Council of Governments Area Agency on Aging and Texas A&M AgriLife Extension Service-Wise County.

During this 8 week workshop you will learn to view falls as controllable, practice exercises for strength and flexibility, discover how to make your home a safer place, and much, much more.

Certified A Matter of Balance coaches will be your guide through the journey to a safer, more confident lifestyle.

Seats are limited so registration is required and you should be able to attend all classes. For more information, call the Extension office at 940-627-3341.

*Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national orientation. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.*