

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

August 22nd - September 14th
(Classes will meet on Tuesdays and Thursdays)

10:00am-11:30am

Coats Senior Center

214 East Park St
Coats, NC

This program is FREE

For more information or to register:
Harnett County Health Department

Belinda Rayner 910-814-6196 or
Latorius Adams 910-814-6075

Registration deadline: Friday, August 18, 2017

