

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 FREE program teaches ways to prevent and manage falls.

YOU WILL LEARN TO:

- exercise to increase strength and balance
- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home

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

The program is open to anyone over 60 years old who is ambulatory and can problem-solve.

There is no cost for this program!

Presented by the
Chesprocott Health District

**Tuesdays starting October 1st
thru Nov 19th**

Prospect Public Library

1pm – 3pm

**Refreshments provided at every
class.**

Registration is required.
Please call Hilary Norcia at
203-439-0720

**Only 15 spots available!
Register as soon as possible.**