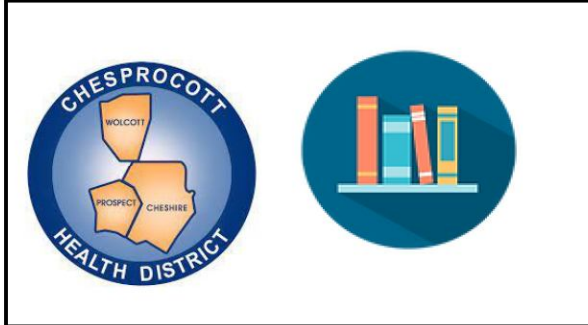


# DO YOU HAVE **concerns** about falling?



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 4th  
thru Nov 22nd**

**Wolcott Public Library**  
**469 Boundline Rd**  
**10 am – 12 pm**

**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.**