

DO YOU HAVE **Concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

This program emphasizes practical strategies to manage 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.

Dates: Wednesdays, Sept 14 – Nov 2, 2022 (8 weeks) Time: 1pm – 3pm

**Location: Public Health Nursing, 6 Gauntt Place, Flemington
Lower Level Conference Room – Building #2**

To register: Call (908) 284-6128

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

This Program is sponsored by the Hunterdon County Division of Senior, Disabilities and Veteran Services, Senior Health & Fitness Program. You must be a Hunterdon County Resident 60+ years to participate.