

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.

If you have concerns about falling, then this eight session workshop can help you to reduce the fear of falling and increase your activity level.

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

**Registration is required. Space is limited
SO CALL TODAY!**

Must be 60 years of age to attend!



Wednesdays

**November 2 – December 21 2022 (8 weeks)
1:00pm – 3:00pm**

**Location of Classes:
Braswell Memorial Library
727 North Grace Street
Rocky Mount, NC 27804**

To register please call:

Brenda Thibodeau @ 252-442-1951 ext. 256

or bthibodeau@braswell-library.org



Assistance. Advocacy. Answers on Aging