

DO YOU HAVE **concerns** about falling?

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.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

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 concerns

We are currently enrolling people in our next TWO A Matter of Balance classes.

Class 1 Schedule: 1 – 3PM
Mondays, Oct 14 through Dec 9*
(*no class November 25)
CLSD Bill Platt Training Center
38901 Ocean Dr, Gualala

Class 2 Schedule: 1 – 3PM
Thursdays, Oct 17 through Dec 12*
(*no class November 25)
Manchester Community Center
43970 Crispin Rd, Manchester

There is no fee for the classes, however donations are gratefully accepted.

Please Register: 707.412.3176 x102

Program provided by a local collaboration among Coast Life Support District, Coastal Seniors, Redwood Coast Medical Center, Mendonoma Health Alliance and community strength and balance professionals.