

# 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 A Matter of Balance classes.**

**Class schedule:**

**Fridays, March 1 through April 26\***

**(\*no class March 29)**

**2 – 4PM,**

**CLSD Bill Platt Training Center**

**38901 Ocean Dr, Gualala**

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

**For information or to sign up please contact:**

Janis Sites at 707.412.3176 extension 102

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.