

# 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 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
- get up properly after a fall

### **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

### **Workshop will be held at:**

Eaton Area Parks and Recreation  
District  
1675 3<sup>rd</sup> Street, Eaton CO 80615

Tuesdays, July 12<sup>th</sup>- August 16<sup>th</sup>, 2022  
1:00-3:00 PM

Classes are held once a week  
for 8 weeks for 2 hours.

Workshop is FREE to participants  
60 years or older but  
registration is required  
(a minimum fee for participants  
younger than 59)  
Donations Accepted.

**For more information or to  
register please call**

**Tyler Holliman  
(970) 400-6117**

