

# 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

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.

Donations Accepted.

**For current class schedule, or to register please call Whitney at (970) 400-6117, or email [wjanzen-pankratz@weldgov.com](mailto:wjanzen-pankratz@weldgov.com).**



Weld County Area Agency on Aging

• Weld Aging Well •