

# 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:

Carbon Valley Regional Library

7 Park Ave., Firestone, CO 80504

Thursdays, July 14 - Sept. 01, 2022  
2:00 – 4:00 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**

