

Do You Have Concerns About Falling? Matter of Balance Is For You

February 21, 23, 28, March 1, 6, 8, 13 & 15
Spring Lake Senior Center
301 Ruth Street, Spring Lake, NC 29390
9.00 a.m.—11:00 a.m.

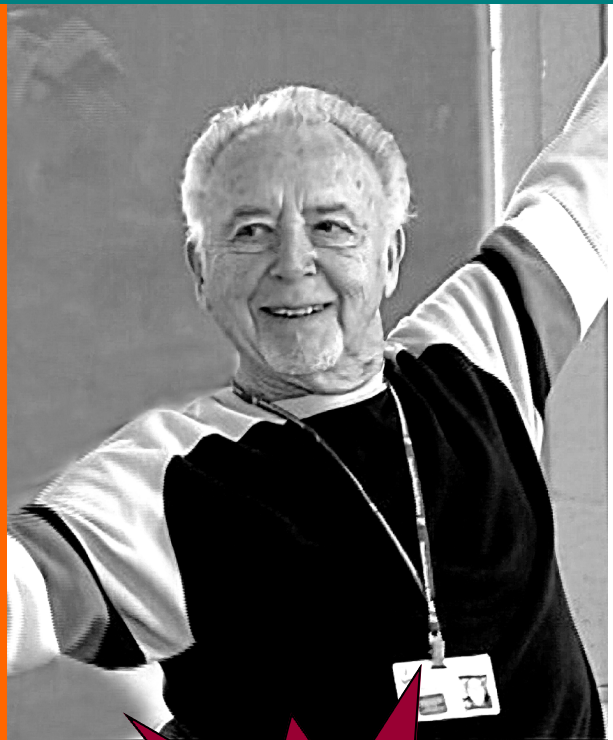
This award winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

Classes help participants learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environment to reduce risk factors
- Promote exercise to increase strength and balance

Classes are designed to benefit community-dwelling older adults who:

- Are concerned about falls
- Have sustained a fall in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem-solve



**FREE
Training**



For registration or for more details,
please contact:
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MANAGING CONCERNS ABOUT FALLS