

MANAGE FALLS AND INCREASE ACTIVITY LEVEL

A Matter of Balance Falls Management Program

Do you have concerns about falling?

Do you restrict your activity because of a fear you may fall?

Join us and learn strategies to manage falls including:

- Exercises to improve strength and balance.
- Changes to make to help reduce the risk of falls.
- Gaining confidence in your ability to be more active.
- Feeling more comfortable in talking about your fear of falling.



The Area Agency on Aging District 7 (AAA7) is happy to sponsor a class near you!

Classes are FREE and meet once a week for eight weeks or twice a week for four weeks.

For more information about joining us at an upcoming class or scheduling a class in your community, call the AAA7 at:

1-800-582-7277

extension 247 or 284

or e-mail info@aaa7.org

