

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.



Join us in

JACKSON COUNTY

Tuesdays and Thursdays from

July 12th – August 4th

12 Noon – 2:00 pm

Jackson Senior Center

25 E Mound Street, Jackson

Pre-registration is required by July 5th.

For more information or to sign-up, call the Area Agency on Aging District 7 (AAA7) at:

1-800-582-7277 ext. 284

or e-mail info@aaa7.org

