

Do you have concerns about falling?

Many older adults experience concerns about falling and restrict their activity. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This program emphasizes practical strategies to manage falls.

IN CLASS YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to decrease fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has a history of a fall has limited activity because of a fall

The next class will be held:

Where: The Golden Age Center

3278 Whitehaven Rd

Grand Island NY 14072

**Date: Thursdays, September 14-
October 26**

Time: 1:00PM—3:00PM

**For more information or to
sign up: Call or email**

Jen Menter

(716) 773-9682

jrmenter@grand-island.ny.us

