



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance workshop will be held

***Afton Community Center***

***Thursdays 9:30 a.m. – 11:30 a.m.***

***July 27-September 14, 2023***

This 8-session workshop addresses the fears of falling and teaches fall prevention strategies.

## **Who should attend?**

The program was designed to benefit 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

**To Register Contact:**

**Union County/Greater Regional Public Health**

**641-782-3545**