

DO YOU HAVE CONCERNS ABOUT FALLING?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is an award winning program designed to reduce the fear of falling and increase the activity levels in older adults who have concerns about falls.

WORKSHOP SESSIONS HELP PARTICIPANTS LEARN TO:

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

Attend a **FREE 2 hour session, once a week for 8 weeks** to help you gain confidence and reduce your risk of falls!

Workshop sessions will take place on **Thursdays**. Participants are encouraged to complete the workshop in it's entirety.

Dates: January 24, 31, February 7, 14, 21, 28, March 7 & 14

Time: 9:00am-11:00am

Perquimans County Senior Center

1072 Harvey Point Road

Hertford, NC 27944



This workshop is offered by the *Albemarle Commission Area Agency on Aging*. To register, please visit the *Perquimans County Senior Center* or call **252-426-5404!**