

DO YOU HAVE **Concerns** about falling?

JOIN OUR FALL PREVENTION CLASS.

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

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce 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 fallen in the past
- anyone who has restricted activities because of falling concerns

A Matter of Balance is a FREE fall-prevention program that consists of eight workshops



September 1 – October 20, 2022
(Eight Thursdays)
9:00 am – 11:00 am

Denia Recreation Center
1001 Parvin St,
Denton, Texas 76205

To register call **(940)349-8285** or sign up through the Denton Parks website at:

www.dentonparks.com



Funded in part by Texas Health and Human Services Commission. A program of the North Central Texas Council of Governments.

EEO Statement: The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.