

A Matter of Balance

Learn To

MANAGING CONCERNS ABOUT FALLS

Many older adults are concerned about falling and restrict their activities. A Matter of Balance is an award-winning program designed to help manage falls and increase one's activity.

Who can Benefit

People 60 years or older who are

- concerned about falls
- interested in improving balance, flexibility & strength
- restricting activities due to concerns about falling
- able to think independently

Program Information

9a.m.-11a.m.

Every Friday, Jan 24-March 21

Allen R Baca Center
301 W Bagdad Ave bldg 2
Round Rock, TX 78664

How to Register

Call Sondra, 512-520-8830

For Additional Program Info:



512-916-6180



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aaacap.org



VIEW FALLS AS CONTROLLABLE



SET GOALS FOR INCREASING ACTIVITY



EXERCISE TO INCREASE STRENGTH & BALANCE



REDUCE FALL RISKS AT HOME

