

A Matter of Balance

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

10a.m.-12p.m.

Every Thursday, Jan 23-March 20

Lakeline Oaks Retirement Community
1905 S Lakeline Blvd
Cedar Park, TX 78613

How to Register

Call Dina, 512-782-0262

For Additional Program Info:



512-916-6180



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aaacap.org

Learn To



VIEW FALLS AS CONTROLLABLE



SET GOALS FOR INCREASING ACTIVITY



EXERCISE TO INCREASE STRENGTH & BALANCE



REDUCE FALL RISKS AT HOME



Area Agency
on Aging
of the Capital Area