

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

2p.m.-4p.m.

Every Wednesday, Jan 22-March 19

Merritt Heritage Senior Village
4700 Williams Dr
Georgetown, TX 78633

How to Register

Call Amber Peak, Director of Fun
512-588-7471

For Additional Program Info:



512-916-6180



healthwellness@capcog.org



aaacap.org



VIEW FALLS AS CONTROLLABLE



SET GOALS FOR INCREASING ACTIVITY



EXERCISE TO INCREASE STRENGTH & BALANCE



REDUCE FALL RISKS AT HOME

