## Anaging 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

1p.m.-3p.m. Every Wednesday, Jan 22-March 19

The Delaney at Georgetown Village 359 Village Commons Blvd Georgetown, TX 78633

How to Register Call Mary Faith, 512-819-9500

For Additional Program Info:





rthompson@capcog.org (1) aaacap.org

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## Learn To

## VIEW FALLS AS CONTROLLABLE

SET GOALS FOR INCREASING ACTIVITY

EXERCISE TO INCREASE SURENOTH & BALANCE

> REDUCE FALL RISKS AT HOME

