



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

## **FREE Fall Prevention Classes for Older Adults**

**Pre-registration is required, and space is limited.  
Call the location number listed to register.**

The Delaney at Georgetown Village  
359 Village Commons Blvd  
Georgetown, TX 78633  
Wednesdays 1pm-3 pm  
January 22-March 19  
**Contact: Mary Faith- 512-819-9500**

Merritt Heritage Senior Village  
4700 Williams Dr  
Georgetown, TX 78633  
Wednesdays 2pm-4pm  
January 22- March 19  
**Contact: Amber Peak- 512-588-7471**

Lakeline Oaks Retirement Community  
1905 S Lakeline Blvd  
Cedar Park, TX 78613  
Thursdays, 10am-12pm  
January 23- March 20  
**Contact: Dina- 512-782-0262**

San Gabriel Senior Village  
2101 Railroad Ave  
Georgetown, TX 78626  
Thursdays 10am-12am  
January 23-March 20  
**Contact: Camille-512-864-9475**

Allen R BACA Senior Center  
301 W Bagdad Ave, Bldg 2  
Round Rock, TX 78664  
Fridays, 9am-11am  
January 24-March 21  
**Contact: Sondra-512-520-8830**

This series of 8 sessions emphasizes practical strategies to manage fall risks and maintain an active, safer lifestyle. A gentle chair exercise component is included during 6 of the sessions. Most classes are held twice a week for 4 weeks for 2 hours each.

**These classes are for anyone who:**

- is concerned about falls
- is interested in improving balance, flexibility and strength
- has restricted their activity level due to fears about falling

**Attendees will learn to:**

- view falls as preventable
- exercise for strength, balance, and flexibility
- make choices to reduce fall risks