

DO YOU HAVE **concerns about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. Sessions include discussion and exercises to improve balance, strength and flexibility.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



Classes are held once a week for 8 weeks for 2 hours each

Hosted at:

Hopkinton Senior Center

28 Mayhew St, Hopkinton, MA

**Mondays September 14, 21, 28,
October 5, 19, 26 & Nov. 2, 9**

12:30 to 2:30

Program fee is **FREE**

To register please call:

Senior Center – 508-497-9730