

# 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.**

**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

This 8-session class is held twice a week for 4 weeks. Each class lasts about 2 hours.

Tuesdays and Fridays  
**March 1- March 26, 2024**  
**9:30 – 11:30 a.m.**

**Shelbyville/Bedford County  
Senior Citizens Center**  
(111 JG Helton Drive, Shelbyville, TN 37160)

The program is free and limited to 15 participants. You must pre-register by calling the number below.

**For more information or to register:**

**Bedford County Extension**  
**931-684-5971**