



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Join this **free** award-winning evidence-based program designed to manage falls and increase activity levels. Call 817-413-4949 to register today.



Who should attend?

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

What will I learn?

- How to reduce fall hazards in your home
- How to increase your strength and balance
- How to improve your overall health through increased activity

To register or for more information contact:

Tina Dawson, Wellness Programs Coordinator
1400 Circle Drive, Suite 300, Fort Worth, TX 76119
817.413.4949 | sixtyandbetter.org

This program is supported by United Way of Tarrant County and its Area Agency on Aging.





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