



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 for more information.**



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

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

To register or for more information contact:

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817.413.4949 ext. 217 | www.sixtyandbetter.org

