



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

What you will learn:

- to not fear falls
- to view falls as controllable
- to set goals for activity
- how to decrease risks at home
- assess for fall risks



Who should take a class?

- Anyone concerned about falls
- Anyone that has fallen
- Anyone that limits activity from fear of falls
- Anyone that want to improve flexibility, balance and strength



Classes are FREE, 2 hours, once a week for 8 weeks and include a light snack. You must register ahead of time and return a waiver and agreement form.

Contact Elesa at 330-264-9590 ex. 229 or

eeaken@wayne-health.org

Sign up today!

