

DO YOU HAVE **Concerns** about falling?

**FREE
PROGRAM!**



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**FREE
PROGRAM!**

A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

WHERE:	Lucile Tatum Center 959 Osceola St., Gastonia
WHEN:	Mon.'s & Wed.'s, January 22 - February 14, 2018 (8 sessions)
TIME:	9:00 - 11:00am
INSTRUCTORS:	Pam Bryson, Audrey Hunt, & Pamela Myers
RSVP:	<i>Phone or email by January 12th:</i> Phone: 704.922.2127 or 704.922.2111 Email: pam.bryson@gastongov.com

This FREE program emphasizes practical strategies to manage falls.

You will learn to:

- Make changes to reduce fall risks at home
- View falls as controllable
- Set goals for increasing activity
- Exercise to increase strength and balance

You should consider attending this program if you:

- Want to improve balance, flexibility and strength
- Are concerned about falls or have fallen in the past

For accommodations for persons with disabilities, contact 704.922.2112 within 5 business days of the class.

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