

# DO YOU HAVE concerns about falling?



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

Administered by the Area Agency on Aging of Pasco-Pinellas



Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program with documented results designed to manage falls and increase activity levels. Class is for **adults age 60 and older.**

**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

Coaches help participants become more confident about managing falls, help to identify ways to reduce falls, and lead light exercises to help increase strength and balance. Workbook provided.

**FUN & Interactive Class coming to you:  
New Port Richey Library, River Room  
5939 Main St.**

**New Port Richey, FL 34652**

**January 8-February 5, 2024, Mondays and  
Fridays, 1:30-3:30 pm (off on M.L.K. Day)**

**Must attend 1<sup>st</sup> class**

**PRE-reservations Requested**

**Contact Terri Toner for questions  
727-570-9696 x 160**

**Minimum required attendance 5 Classes  
of 8 Classes.**