

DO YOU HAVE **Concerns** about falling?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning workshop series designed to emphasize practical strategies to manage falls and increase activity levels.

A Matter of Balance is an eight-session series that meets for two hours each week.

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

Upcoming Series:

Peter Kirk Senior-Community Center
1/10 - 2/28, 1-3pm
Contact: Cindy
Tang CindyT@mynorthshore.org
425.286.1047

Southeast Seattle Senior Center
2/13 - 4/2, 1-3pm
Contact: Alex Arceo alexar@sessc.org
206.722.0317

Sound Generations
2/24 - 4/20, 10:30am - 12:30pm
Contact: Deidre Daymon
deidred@soundgenerations.org
206.727.6250

Burien Community Center
4/9 - 5/28, 1:30 - 3:30pm
Contact: Bo Du BoD@burienwa.gov,
206.988.3700