



# Concerns about FALLS?

A Matter of Balance is a series of 8, 2-hour sessions designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

**COMPLICATIONS RESULTING FROM FALLS ARE A LEADING CAUSE OF DEATH FOR OLDER ADULTS.**

A MATTER OF  
**BALANCE**  
MANAGING CONCERNS ABOUT FALLS



## **LEARN TO:**

- View falls/the fear of falling as controllable
- Set realistic goals for increasing activity
- Change your environment to reduce fall risk factors
- Promote exercise to increase strength and balance
- Become more confident in managing falls
- Receive a certificate upon completion

## **BENEFITS OLDER ADULTS WHO:**

- Have sustained a previous fall
- Restrict activities due to fall concerns
- Are interested in improving flexibility, balance and strength
- Are age 60 and older, ambulatory and able to problem solve

**Thomas Sullivan  
Community Center**  
351 N Catherine St.  
Mobile, AL 36603

**Begins June 13**  
Classes held one  
day per week  
10 am to noon

**REGISTRATION**  
**Marcella Nettles**  
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**251.706.4663**

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