A Matter of Balance Fall Prevention

Are you concerned about falls?
Have you fallen in the past?
Are you interested in improving balance, strength and flexibility?
This is the class for you!

A Matter of Balance is a proven, award-winning fall prevention program designed for adults. This program focuses on useful strategies to manage falls.

Participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to lessen the risk of falls at home
- Exercise to increase strength and balance
- Get up after a fall

Program Details

Dates:
Wednesdays,
September 27 - November 15

Time:
1:00 PM - 3:00 PM
Class meets once per week for 8 weeks

Location:
Winchester Council on Aging, Jenks Center, 109 Skillings Rd.

Cost: Free

Contact:
Elaine Smith
781-721-7136

Please register early as space is limited!

For more information on our Healthy Living Programs, contact us at 781-221-7095

This program is funded through a generous grant from:

Minuteman SENIOR SERVICES
Toll-Free (888) 222-6171
www.minutemansenior.org

Cummings Foundation

Member of
the healthy living Center of Excellence MetroWest