

# Are you concerned about falling?



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

## A Matter of Balance

MANAGING CONCERNS ABOUT FALLS



Area  
Agency  
on Aging

FOR SOUTHWEST FLORIDA

**May 30-July 18, 2024**

**Thursdays, 1:00 p.m. -3:00 p.m.**

**Englewood Chamber of Commerce**

601 S. Indiana Ave

Englewood, FL 34223

**Open to Public.**

**Elder  
Affairs**  
FLORIDA



A Matter of Balance is an award-winning program designed to help people learn practical strategies to manage falls and increase physical activity levels.

### 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

To register contact **Kelly Ward** at  
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