

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 program designed to manage falls and increase activity levels.

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

Sinclair Community College PTA Program

Dayton Campus
444 West Third Street
Building 14

Classes will run every Wednesday, from
March 19 – May 7, 2025

10:00 am – 12:00 pm

Classes are free

Refreshments provided.
For more information or to register
contact:

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