

MATTER OF BALANCE CLASSES

Do you have concerns about falling? Many older adults experience concerns about falling and they restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. The 8-week class is free, and you will learn to:

- make changes to reduce fall risks at home
- exercise to increase strength balance
- view falls as controllable
- Set goals for increasing activity

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.

For more information contact Debby Sutherland at 945-9191 ext 3084 or email dsutherland@garfield-county.com for class date and times in your area. Classes are held once a week for 8 weeks for 2 hours each. Call and get your name on the wait list for your area. (Space is limited and registration is required)