

DO YOU HAVE **concerns** **about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS



Boulder County
Aging Services
A Division of Community Services

Where: Locations throughout Boulder County

When: 8-week workshop, 2 hours per session

Who: Older adults concerned about falling and their caregivers.
Class size limited to 15 participants

Cost: No Fees for anyone 60+! Donations are gratefully accepted.
Participants will receive a supplemental course book.

Many older adults experience concerns about falling and restrict their activities. Boston University's A Matter of Balance Program is an award-winning program designed to manage falls and increase activity levels.

2011 CLASS SCHEDULE

Longmont	Cinnamon Park 1335 Cinnamon St	Tuesdays February 8 th – March 29 th	2:00-4:00p.m.
Lafayette	Senior Center 103 South Iowa Ave	Tuesdays February 15 th – April 5 th	1:30-3:30p.m.
Boulder	YMCA 2850 Mapleton Ave	Thursdays March 3 rd – April 21 st	1:30-3:30p.m.
Boulder	Homewatch CareGivers 2945 Center Green Ct S. Suite D	Thursdays March 17 th – May 5 th	9:00-11:00a.m.

Pre-Registration required. Class Size Limited to 15 people.

To register or for more information contact: Boulder County Aging Services at **303-441-3599** or email: mjohnson@bouldercounty.org