DO YOU HAVE concerns about falling?

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

This is an 8 session series held on Monday & Friday afternoons from 12:30 to 2:30 pm: January 25, 29, February 1, 5, 8, 12, 15, and 19. In case of inclement weather class will be cancelled and rescheduled. Class will not be held if weather is bad.

Classes will be held in the day room of Katy Manor in Pilot Grove

SPACE IS LIMITED so sign up early.

To register, please call the Cooper County Extension Center at 660-882-5661.

This program is being offered at a reduced fee of $15 per person in Pilot Grove due to a grant that has been received!! Don’t miss this opportunity to attend!

Course will be presented by MU Extension Specialist: Sarah Traub

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