





A program of the North Central Texas Council of Governments.



## JOIN OUR FALL PREVENTION WORKSHOPS!

A Matter of Balance: Managing Concerns about Falls is a FREE fall-prevention workshop with eight classes.

It is an award-winning program designed to manage falls and increase activity levels.

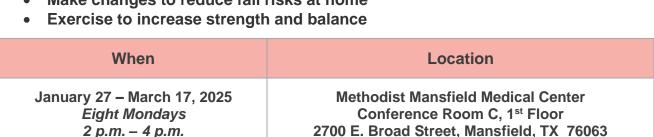
#### WHO SHOULD ATTEND

### 60 years of age or older

- Concerned about falling
- Improve balance, flexibility, and strength
- History of falling

### **LEARN TO:**

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home



# To register please visit:

North Central Texas Council of Governments Area Agency on Aging

https://www.nctcog.org/Aging-Services/Classes

Kim Mathis: (940) 999-1024 or kmathis@nctcog.org

Parking: Visitor lots by Women's Center Entrance

**Entrance: Women's Center** 

Follow hall to left through Café and signs leading

to Administration - Conference Room C





