

JOIN OUR FALL PREVENTION WORKSHOP!



A Matter of Balance: Managing Concerns about Falls

is an award-winning program designed to manage falls and increase activity levels. The free workshop series consists of eight, 2-hour classes and emphasizes practical strategies to manage falls.

Who should attend?

Anyone who is at least 60 years of age and:

- Is concerned about falling
- Would like to improve balance, flexibility, and strength
- Has fallen in the past; and/or
- Has restricted activities

Participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase balance, flexibility, and strength

***Make friends and
learn to manage falls!***



When	Location
September 15 – November 3, 2025 <i>Mondays for 8 weeks</i> 2:00 pm – 4:00 pm	Methodist Mansfield Medical Center Conference Room C, 1 st Floor 2700 E. Broad Street, Mansfield, TX 76063

Workshop is limited to 12 participants.

To register, call: Sharon Rowbottom, North Central Texas Area Agency on Aging (817) 608-2373

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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A Matter of Balance Lay Leader Model

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