DO YOU HAVE **concerns about falling?**

**A MATTER OF BALANCE**
MANAGING CONCERNS ABOUT FALLS

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

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**Gilpin County Community Center**
**Mondays**
**May and June and July 1st**
**1:30 to 3:30 p.m.**

Classes are held once a week for 8 weeks for 2 hours each.

No Cost for People 60 and older

For more information please call

Mary Ellen Makosky
303-515-4292

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*A Matter of Balance: Managing Concerns About Falls*
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*A Matter of Balance Lay Leader Model*
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