

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.

A Matter of Balance

This program emphasizes the importance of maintaining an active lifestyle in order to reduce the risk of falling.

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

What you need to know:

- Eight 2-hour classes, twice a week, for 4 weeks.
- Contribution: \$20 per person; \$30 per couple.

Contribution covers workbook, materials & snacks.

Tucson Estates

5900 W. Western Way Circle
Tucson, AZ 85713

April 2, 4, 9, 11, 16, 18, 23, 25
Monday & Wednesday
1:00 – 3:00 p.m.



FROM |  Health Net®

Underwritten in part by Allwell from Health Net

Sign Up for A Matter of Balance Today:
Pre-registration is required.

Call the PCOA Health Promotion Program at 790-7262; or Register online at www.pcoa.org/AMatterOfBalanceReg.htm; or Mail to PCOA, 8467 E. Broadway, Tucson 85710.
Additional information is available at www.pcoa.org/arizona-living-well or email help@pcoa.org.

