



A Matter of Balance

A workshop for people concerned about falls

You will learn how to:

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



A Matter of Balance was most helpful - it made me more aware of what can be done to ensure safety at home. The class provided a definite time each week to meet and discuss concerns with others.
- Former Participant



VIRTUAL
offered at no cost



DATES
Wednesdays
March 13 – May 8



TIME
1:00 PM – 3:00 PM



PLACE
Zoom



CENTRALINA
Area Agency on Aging

All participants are welcome, respected, and valued. Please contact us to request accommodations.

Call Molly at **(704) 385-4461** for more information!