

Do you have concerns about falling?

A Matter of Balance

Can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling

WHERE: Ongoing classes in Boulder, Lyons, Nederland, Louisville, Lafayette

WHEN: 8-WEEK WORKSHOP

COST: NO FEES (Adults 60+). Program donations are gratefully accepted. Participants receive a supplemental course workbook.

“A Matter of Balance” classes help participants to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environment to reduce fall risk factors
- Promote exercise to increase strength and balance

UPCOMING CLASS SCHEDULE:

City	Location	Info Session	Workshop Dates	Class Time
Lyons	Walter Self	Sept. 29 th at 12	Tuesdays Oct. 20 th -Dec. 8 th	9:30-11:30am

Class size is limited to 12 people. Pre-Registration required.

TO REGISTER OR FOR MORE INFORMATION CONTACT
BOULDER COUNTY AGING SERVICES AT 303-441-3599

Email: mjohnson@bouldercounty.org

