

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

What you need to know:

- Eight 2-hour classes, twice a week, for 4 weeks.
- Contribution: \$15 per person; \$25 per couple.
Contribution covers workbook, materials & snacks.

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

Silver Springs in Green Valley

500 W. Camino Encanto

- March 29, 31

April 5, 7, 12, 14, 19, 21

Tuesday & Thursday

10:00 a.m. - 12:00 noon

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 or email help@pcoa.org.

**Evidence-
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HEALTHY AGING PROGRAM

Helping
Caring
Teaching
Sharing
Guiding
Training
Growing
Feeding
Assisting
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Advocacy, action,
and assistance to
our community for
over 40 years.



Call 520-790-7262 or
go to www.pcoa.org