

# Do you have Concerns About Falling?

Join us for a *FREE* evidence-based 8-week class series designed to manage falls and increase activity levels for participants aged 60 or older.

## 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

## For More Information

Contact the Health and Wellness Program at the Area Agency on Aging of Pasco-Pinellas at 727-570-9696 ext. 163 or email [healthandwellness@aaapp.org](mailto:healthandwellness@aaapp.org)

**How Do I Register?** Use this link:

<https://forms.office.com/r/mJQxu6afMd>

follow the QR code, or reach out to AAAPP's Health and Wellness Program



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

## Baycare Morton Plant Hospital North Bay

Location: Classrooms 1 & 2  
6600 Madison St.  
New Port Richey, FL  
34652

Mondays  
10:00am-12:00pm  
July 6 to August 24

Sponsored  
by:



Please note classes are limited to 8-12 participants and subject to cancellation or postponement if the participant minimum is not met on the first day of class.

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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**A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

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