

Do you have **Concerns About Falling?**

Join us for a FREE 8-week evidence-based 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

How Do I Register?

Contact Karla Swenson at 813-7384762

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



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

**AdventHealth Well 65+
Zephyrhills**
Community Room
7866 Gall Blvd.
Zephyrhills, FL 33541

MONDAYS
1:30pm-3:30pm

September 14, 21, 28
October 5, 12, 19, and 26
November 2

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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