

# DO YOU HAVE **Concerns** about **falling?**



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**An award-winning program designed to help you manage falls and increase activity level.**

<b>PM SESSION:</b>	Tuesdays, May 2 - June 20   12:30 - 2:30pm Christ's Lutheran Church 203 S Main St. Stanley, NC Facilitators: Pam Bryson & Dana Croston
<b>AM SESSION:</b>	Wednesdays, May 3 - June 21   10am - 12pm First United Methodist Church (Common Ground) 5481 Hickory Grove Rd, Stanley, NC Facilitators: Linda Minges & Ruth Murphy
<b>COST:</b>	No cost to you!
<b>RSVP:</b>	Pre-registration required by April 21st: Phone: 704.866.3607 Email: <a href="mailto:kayla.adams@gastongov.com">kayla.adams@gastongov.com</a>

## You will learn to:

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

## You should consider attending this program if you:

- Want to improve balance, flexibility and strength
- Are concerned about falls or have fallen in the past
- Have restricted activities because of falling concerns

For accommodations for persons with disabilities, contact 704.866.3607 by April 21st.

**Need a ride to this workshop?** If you are currently registered to ride ACCESS through the Senior Transportation program at DSS, you can make an appointment for this workshop. If you are not currently riding ACCESS and are at least 60 years old, call 704.862.7540 to enroll in Senior Transportation.

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