

DO YOU HAVE CONCERNS ABOUT FALLING?

A MATTER OF BALANCE CAN HELP!

YOU'LL 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

CLASS DETAILS:

 Mondays/Wednesdays in March

 10:30 AM - 12:00 PM

 Location: TBD

REGISTER TODAY!

REGISTER AT
[WWW.SHEPHERDSCHARLOTTE.ORG/
A-MATTER-OF-BALANCE](http://WWW.SHEPHERDSCHARLOTTE.ORG/A-MATTER-OF-BALANCE)

