

# 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: \$20 per person; \$30 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



### Cornerstone Fellowship Church

Co-Sponsored  
with Senior Pride for  
LGBTQ Community  
2902 N. Geronimo  
Tucson, AZ 85705



**SOUTHERN  
ARIZONA  
SENIOR  
PRIDE**

- May 20, 22, 27, 29, June 3, 5, 10, 12  
Mondays & Wednesdays  
1:00 - 3:00 p.m.

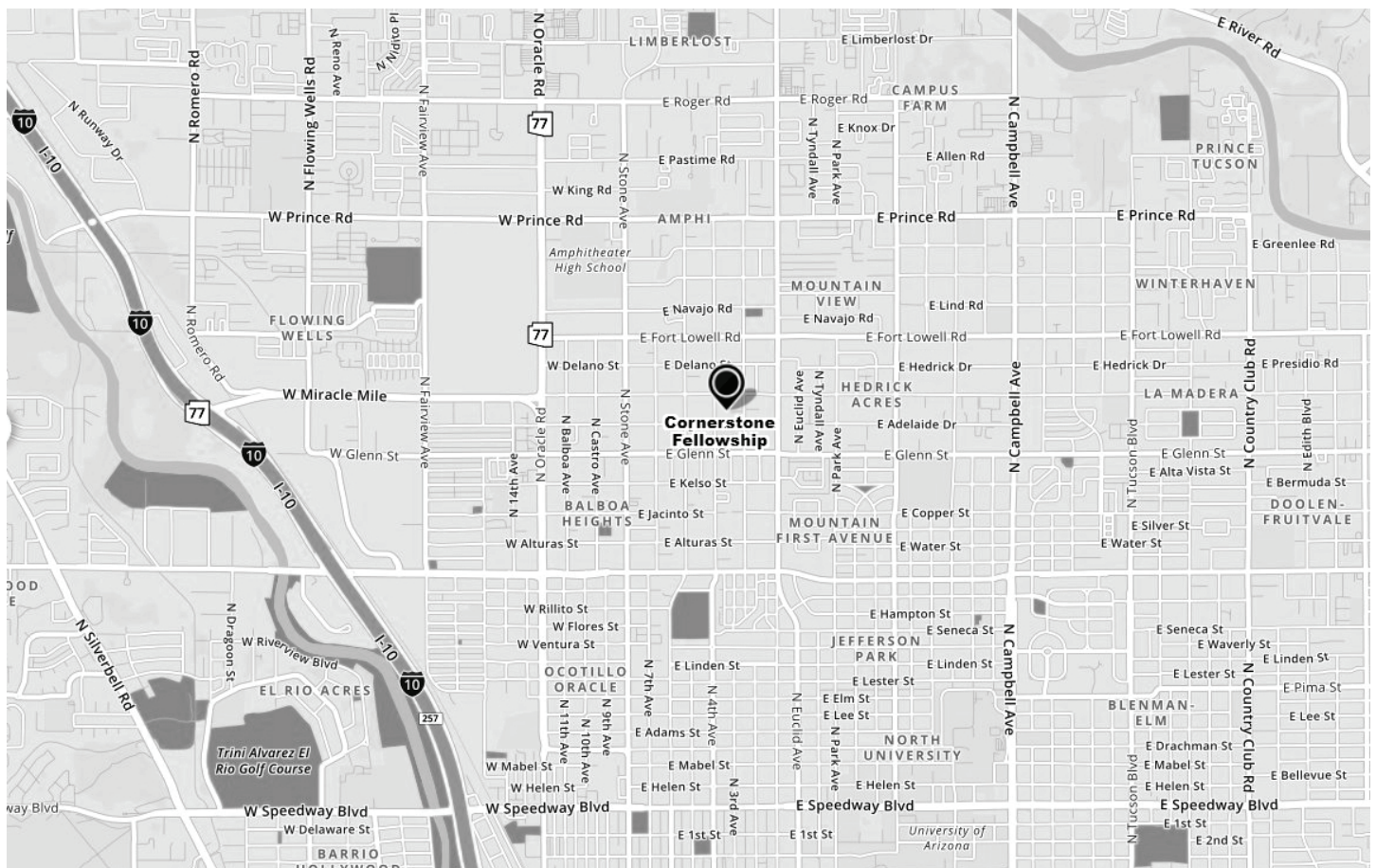
**Sign Up for A Matter of Balance Today:**

**Class size is limited to 15 participants. Pre-registration is required.**

**Call the PCOA Health Promotion Program at (520) 305-3410.**

# Cornerstone Fellowship Church

## 2902 N. Geronimo, Tucson, AZ 85705



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