



Senior Resource Alliance Presents

DO YOU HAVE CONCERNS ABOUT FALLING?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is a **FUN, award-winning program designed to manage falls and increase activity levels.**

This 4-week workshop emphasizes practical strategies to manage falls.

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.



**Location:
Satellite Beach**

**The Workshop is conducted over 8 sessions, meeting twice a week, 2 hours per session.*

-FREE to attend-

For information and registration, please call:

**Sarah Clifford
321-773-4405 ext 302**

Space is limited and pre-registration is required.

The mission of the Senior Resource Alliance (SRA) is to coordinate, develop, monitor and evaluate/review services and resources for elders in Brevard, Orange, Osceola and Seminole Counties, enabling them to age with independence and dignity. SRA is the Area Agency on Aging of Central Florida. For more information, please visit our website at www.seniorresourcealliance.org