

# 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.

**This FREE program teaches ways to prevent and manage falls.**

## YOU WILL LEARN TO:

- exercise to increase strength and balance
- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home

## 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

The program is open to anyone over 60 years old who is ambulatory and can problem-solve.

*\*Refreshments and light snacks provided at every class.  
Giveaways too!*

**There is no cost for this program!**  
**Presented by the Naugatuck Valley Health District**

**Classes are held once a week for 8 weeks**

**Thursdays**

**March 12**

**through**

**April 30**

**9:30 – 11:30 AM**

**Shelton Senior Center**

**81 Wheeler St**

**Fridays**

**May 1**

**through**

**June 19**

**The Center for Cancer Care at Griffin Hospital**

**350 Seymour Ave, Derby**

**Registration is required!!**

**Register with Carissa at Naugatuck Valley Health District**

**203-881-3255 x104**

