

Are you concerned about falling?

Interested in improving balance, flexibility, and strength?
Falls are preventable, and this class can make a difference!



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Join us for FREE Matter of Balance Classes!

May 5th thru May 29th

Every Tuesday & Friday

4 week session – 2 classes per week

1:00–3:00pm

**Geauga County Office Building
Room B 167 – First Floor
12611 Ravenwood Dr
Chardon, OH 44024**

**By attending A Matter of Balance Class you will learn to
manage concerns about falls, as well as:**

- Set realistic goals for staying active
 - Learn how to stay safe at home
- Complete exercises to increase strength and balance
- Learn how to identify and control your fear of falling

To register please call Magaly Rios at (440) 279-2137

This class is free for registered seniors! Space is limited.

