



# DO YOU HAVE **concerns** about falling?

**f**airhill  
partners



## A MATTER OF BALANCE

**What participants say....** "A Matter of Balance ...made me more aware of what can be done to assure safety at home. The class provided a definite time each week to meet and discuss concerns with others. I wish we had even more exercise activities at each class. Great to share and learn!"

"It has benefited all of us... we feel stronger and in more control of our bodies. ...I believe it has changed some people's lives."

"I'm already noticing a difference in my physical being. I'm sure I'm a little more mobile than I had been and plan to continue these exercises. Hopefully, I'll be jumping over the moon - soon!"

(8 Week Class – once a week)  
No charge – Donations Appreciated  
Light Refreshments

**Sign Up Today. Spaces Are Limited.**

**What's Next!®**

**You have choices. Ask us.**

**This program emphasizes practical strategies to manage falls.**

**LEARN TO:**

- View falls and fear of falling as controllable
- Set realistic goals to increase activity
- Change your environment to reduce fall risk factors
- 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

**For additional details or to register, call Successful Aging Programs at (216) 421-1350 ext. 144**

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