



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Falls Prevention Education

Hosted by: Memorial Health System



Classes will be held on
Mondays and Thursdays
10:00 a.m. – 12:00 p.m.
Beginning on
June 4, 2018

(June 4, 7, 11, 14, 18, 21, 25, 28)

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

Memorial Health System
Wayne Street Campus
Suite 150 – Conf. Rm. A
Marietta, OH

During 8 two hour classes participants 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

Participant Outcomes at 6 months

Improvement in:

- Falls Management
- Falls Control
- Exercise level
- Decrease in Monthly Falls

To register call Barb Felton – 740-374-1799

This workshop was made possible through funding received from the Buckeye Hills Area Agency on Aging 8, the Ohio Department of Aging and the U.S. Administration on Aging.

