



# Falls Prevention Education

O'Neill Center - 333 Fourth St. Marietta, OH



Classes will be held on **Tuesdays**  
beginning on  
May 15, 2018  
2:30 p.m. to 4:30 p.m.

## 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

## 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

**A box lunch will be  
Served at each workshop**

*Compliments of Buckeye Hills Regional  
Council – Aging and Disability Division.  
Funding provided by the Older  
Americans Act of 1965.*

To register call Nancy Matheny at 740-373-3914



*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.*