

BUCKEYE HILLS
regional
council
aging & disability

Upcoming Classes in the Region



Diabetes Self-Management Education Workshop

O'Neill Center – 333 4th St. Marietta, OH
Weekly from March 13 through April 17 at 1-3 p.m.
Contact 740-373-3914 to register!



Matter of Balance

O'Neill Center – 333 4th St. Marietta, OH
Weekly from March 12 through April 30 at 9:30-11:30 a.m.
Contact 740-373-3914 to register!

A Matter of Balance is an award-winning group program that emphasizes practical strategies to reduce the fear of falling and increase activity levels. Participants meet in small groups in community settings once a week for eight weeks. They learn to view falls as controllable, set realistic goals, change their environment to reduce risk factors and exercise to increase strength and balance. Through group discussion, problem-solving activities, assertiveness training, exercise and skill building, participants are empowered to take simple steps to become more active without the fear of falling.



Alzheimer's Association: SE Ohio Mobile Resource Center

Alzheimer's and dementia pose many questions. The Alzheimer's Association's professional staff is dedicated to helping you navigate through the journey.

Caldwell Public Library – 517 Spruce St.

Feb. 7 from 10 a.m. – 2 p.m.

800-272-3900 or wvinfo@alz.org Get full description at www.alz.org/wv
