



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

According to the Centers for Disease Control, one out of three older adults experiences a fall each year. And falls are the leading cause of both nonfatal and fatal injuries in older adults.

The good news is that falls are not a normal or inevitable part of aging – there are simple steps you can take today to reduce your risk.

A Matter of Balance is a fun and dynamic course that emphasizes practical strategies to manage falls and maintain an active, healthy lifestyle. Classes are led by certified class leaders, offering practical strategies that will work for you.

Participants will learn to:

- Set goals for increasing activity
- Make changes to reduce fall risks
- Exercise for strength and balance
- View falls as controllable

CAREGIVERU

A Program of AGE of Central Texas

Classes are offered at no cost to participants. The courses are offered multiple times throughout the year at various locations in Travis, Williamson, Hays, and Bastrop counties.

Class Schedules & More Information: www.CaregiverUcentx.org



For more information and services, please contact:

AGE of Central Texas

(512) 451-4611

www.AGEofCentralTX.org

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