

HEALTHY AGING WORKSHOPS FOR SENIORS



Participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults.

This free workshop is conducted in two-hour sessions, weekly, for eight consecutive weeks. Must be 60 or over to participate.

Space is limited.

Please contact Ann at 617.477.6616 or aglor@ethocare.org to register.

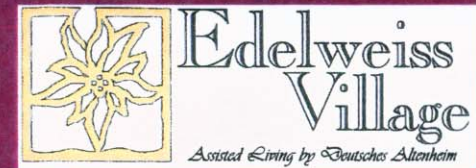
WORKSHOP DETAILS:

**A Matter of Balance:
Managing Concerns About Falls**

Next Class Begins:
Tuesday, March 26, 2013

Schedule:
Tuesdays from 2:00 – 4:00pm

Location:



Edelweiss Village
2220 Centre St.
West Roxbury, MA 02132