

## Do You Have Concerns About Falling?

### Falls Prevention: A Matter of Balance

**FREE 4-week workshop**

**August 14 – September 6  
Tuesdays and Thursdays  
10:00 am – 12:00 pm**

**MetroHealth Cleveland Heights  
2<sup>nd</sup> floor conference room  
10 Severance Circle  
Cleveland Heights, OH 44118**



**This program emphasizes practical strategies to manage falls.**

#### **LEARN TO:**

- View falls and fear of falling as controllable
- Change your environment to reduce fall risk factors
- Exercise to increase strength and balance

#### **WHO SHOULD ATTEND?**

- Anyone concerned about falls, or who have fallen in the past
- Anyone interested in improving balance, flexibility and strength
- Anyone who has restricted activities because of falling concerns

**For additional details or to register please call,  
Janet Montoya 440-592-1317 or Rose Bobbit 216-421-1350 ext183**



**Fairhill**  
partners