

# **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

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