



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



ARE YOU CONCERNED ABOUT FALLING? FREE WORKSHOP

Clarke Senior Center
1310 Linden Dr.
Jefferson City

MONDAYS, 1P-3P

November 27- January 29, 2024

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

Call Judith Mutamba to register at 573-635-7719

