

## JOIN OUR FALL PREVENTION WORKSHOP!



### ***A Matter of Balance: Managing Concerns about Falls***

is an award-winning program designed to manage falls and increase activity levels. The free workshop series consists of eight, 2-hour classes and emphasizes practical strategies to manage falls.

#### **Who should attend?**

**Anyone who is at least 60 years of age and:**

- Is concerned about falling
- Would like to improve balance, flexibility, and strength
- Has fallen in the past; and/or
- Has restricted activities

#### **Participants will learn to:**

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

***Make friends and  
learn to manage falls!***



When	Location
January 26 – March 16, 2026 <i>Mondays for 8 weeks</i> 2:00 pm – 4:00 pm	Methodist Mansfield Medical Center Conference Room A/B, 1 <sup>st</sup> Floor by Main Entrance 2700 E. Broad Street, Mansfield, TX 76063

**Workshop is limited to 12 participants. Register online or call:**

**<https://nctcog.org/aging-services/classes>**

**North Central Texas Area Agency on Aging (817) 608-2373**

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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**A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).