



MANAGING CONCERNS ABOUT FALLS

Pender County Health Department would like to offer
A MATTER OF BALANCE IN JUNE at Heritage Place,
Burgaw and Topsail Senior Center, Hampstead.



Many older adults experience concerns about falling and restrict their activities.

**A MATTER OF BALANCE is an award-winning program designed
to manage falls and increase activity levels.**

This Programs emphasize practical strategies to manage falls.

Individuals will learn:

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

Individuals who should attend:

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



8 Classes- 2 hours each

8-12 people needed for class.

We are hoping to offer these sessions in June with enough interest.

Day of the week to be determined.

Please call your area center to express your interest

Topsail Senior (910)270-0708 for Hampstead Area or Rocky Point

Heritage Place (910) 259-9119 for Burgaw Area.

Questions? Call Stephanie Todd at PC Health Department: (910)663-3762