



Don't let a fear of falling stop you from doing the things you enjoy!

Falling isn't a normal part of aging and there are things you can do to prevent falls. **A Matter of Balance** will help you learn practical strategies to reduce the fear of falling, while gently increasing activity levels. In a small group over eight weeks, you'll set goals, learn about changes you can make at home to prevent falls, and learn exercises to increase your strength and balance.

Golf Manor Municipal Building
6450 Wiehe Rd. 45237
Thursdays | 6:00PM – 8:00PM
March 14 – May 2
Registration closes March 7th



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS



To register for this free workshop, use your smartphone camera to scan the QR code, or call (513) 345-8637.

