



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

FOR ANYONE:

- Concerned about falling
- Interested to improve balance, flexibility and strength
- Who has fallen in the past
- Who has restricted activities because of falling concerns

LEARN TO:

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

Thursdays

2:15 – 4:15

May 3 – June 21

Homer Sr. Ctr.

Homer Town Hall
31 North Main St., Homer
Park and Enter in Back

Preregistration
required

(607) 7 5 3 – 5 0 6 0

Cortland County
Area Agency on Aging



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

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A Matter of Balance Lay Leader Model

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