***An award-winning program called***

**A Matter of Balance is a class that can help you learn more about exercises to improve your strength and balance. This program was designed to decrease fear of falling and increase activity levels. Participants learn to view falls as controllable, set goals for increasing activity and make changes to reduce fall risks at home.**

*Afraid of Falling? Falling?*

 **“ A Matter of Balance ”**

 ***can help reduce the fear of falling and increase activity levels***

 **MaineHealth’s Partnership for Healthy Aging. Used and adapted by permission of**

**Boston University**

 **The class is comprised of 8 two-hour sessions**

*Enrollment is Limited ….. R.S.V.P. Required*

**To register, for more information or to request a class, please call:**

**Area Agency on Aging of Central Texas**

***254-770-2334 or 254-770-2356***

 ***e-mail***

***susan.burchfield@ctcog.org*** ***or*** ***walter.langford@ctcog.org***



 ***The eight-week workshop is provided to the public at no cost***

 **When:  May 19 - July 7, 2016**

 **What Time: 1:00PM - 3:00PM**

 **Where: Central Texas Council of Governments**

 ***2180 North Main, Belton, Tx. 76513***

