



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

MANY OLDER ADULTS EXPERIENCE A FEAR OF FALLING. INDIVIDUALS WHO DEVELOP THIS FEAR OFTEN LIMIT THEIR ACTIVITIES, WHICH CAN RESULT IN PHYSICAL WEAKNESS, MAKING THE RISK OF FALLING EVEN GREATER.

A MATTER OF BALANCE INCLUDES EIGHT TWO HOUR SESSIONS LED BY A TRAINED FACILITATOR.

**DURING THIS CLASS, INDIVIDUALS LEARN TO:
VIEW FALLS AS CONTROLLABLE
SET GOALS FOR INCREASING ACTIVITY LEVELS
MAKE CHANGES TO REDUCE FALL RISK AT HOME
EXERCISE TO INCREASE STRENGTH AND BALANCE**

Free Classes

Wednesdays

July 13, 2022 - August 31, 2022

1:30 PM to 3:30 PM

**CLASSES WILL BE HELD AT THE CHOCTAW COUNTY PUBLIC LIBRARY
703 E JACKSON ST, HUGO, OK**

**TO REGISTER FOR CLASSES OR FOR MORE INFORMATION PLEASE
CALL (580) 326-5591 OR EMAIL [KAREN.HART@SEOLIBRARIES.COM](mailto:karen.hart@seolibraries.com)**

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