

# DO YOU HAVE **concerns** about **falling?**



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

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

<b>WHERE:</b>	Gaston County Senior Center 1303 Dallas—Cherryville Highway, Dallas N.C.
<b>WHEN:</b>	Tuesdays & Thursdays May 25 - June 17, 2021 (2 times a week for 4 weeks)
<b>TIME:</b>	9:00 am - 11:00 am
<b>COST:</b>	No cost to you! ( <i>Program valued over \$800</i> )
<b>INSTRUCTORS:</b>	Linda Lewallen & Farrell Breithaupt
<b>RSVP:</b>	Pre-registration required by May 11th 2021: Phone: 704.922.2170 704.825.4678 Email: bbreithaupt@carolina.rr.com

## You will learn to:

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

## You should consider attending this program if you:

- Want to improve balance, flexibility and strength
- Are concerned about falls or have fallen in the past
- Have restricted activities because of falling concerns

For accommodations  
for persons with  
disabilities, contact  
704.862.7540 by  
May 4th, 2021.

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