



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

- Are you experiencing a fear of falling?
Are you limiting your activities due to this fear?
Are you becoming physically weak?

If you answered "yes" to any of the three questions above
A Matter of Balance is for you!

**Tuesdays, September 10 - October 29 (8 week class)
10 a.m. - 12 p.m.**

**Perrysburg Area Senior Center (Schaller Building)
140 West Indiana, Perrysburg, Ohio
Cost: \$15**

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During this class participants will learn to:

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

You will receive a manual for training purposes and a certificate upon completion of the course.

For more information or to register for this class contact
the Wood County Committee on Aging, Inc. at
419.353.5661 or **1.800.367.4935** or email the Programs
Department at **programs@wccoa.net**

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COMMITTEE**

ON

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