



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, March 31 to May 19 (8 week class)
1 to 3 p.m.**

**Wood County Senior Center
305 North Main Street, Bowling Green, 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 Program Department at **programs@wcco.net**

**WOOD COUNTY
COMMITTEE**

ON

Aging