



Senior Resource Alliance Presents

## DO YOU HAVE CONCERNS ABOUT FALLING?



### A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is a **FUN**, award-winning program designed to manage falls and increase activity levels.**

**This 5-week workshop emphasizes practical strategies to manage falls.**

#### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

#### **\*Dates:**

Series Runs Twice a Week  
Tuesdays and Thursdays  
October 1<sup>st</sup> through October 30<sup>th</sup>

*\*Workshop is conducted over 8 sessions,  
2 hours per session.*

*Call or email for specific dates and times.*

#### **Location:**

**One Senior Place**

715 Douglas Avenue  
Altamonte Springs, FL 32714

**-FREE to attend-**

**To sign up for the 8-week workshop**

**please call 407-514-1806 or**

**email [irene.delacruz@sraflorida.org](mailto:irene.delacruz@sraflorida.org)**

***Space is limited and pre-registration is required.***

The mission of the Senior Resource Alliance (SRA) is to coordinate, develop, monitor and evaluate/review services and resources for elders in Brevard, Orange, Osceola and Seminole Counties, enabling them to age with independence and dignity. SRA is the Area Agency on Aging of Central Florida. For more information, please visit our website at [www.seniorresourcealliance.org](http://www.seniorresourcealliance.org)