



A MATTER OF BALANCE VIRTUAL

Attend our *FREE* online class

Reduce your fear of falling and safely increase your physical activity.

Groups of 8-12 adults age 60+ meet online for 9 two-hour sessions of discussion, problem-solving, brainstorming, and A Matter of Balance exercises.

Class-related tech support and a session on how-to get around in the online classroom are provided. Each participant receives a workbook.



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS



FallsTalk™

Call us to find out more

Explore ideas and options to reduce your losses of balance and risk of falls.

FallsTalk™ is a series of one-on-one weekly phone calls, each no more than an hour, with a trained facilitator. During the sessions, you will discuss your recent experience with falls and losses of balance, become more aware of your own balance issues, and explore your ideas for preventing falls.

Within 6 weeks, you will have a personalized plan for reducing falls and learned a proven way to reduce your risk of falling in the future.

A **FREE** service of



CONTACT US AT

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OR CALL 509.458.2509