“A Matter of Balance” ©

**Do you have a FEAR of Falling ?**

**Do you stay home and avoid being active?**

Learn what **YOU** can **DO** to **MANAGE** your fear

Each program offered in weekly classes – 2 hours each week for 8 weeks

No charge Space is limited Pre-registration is requested

Where:

**Gatesville Senior Center**

**208 N Lutterloh Ave.**

**Gatesville, Texas**

When:

**9:30 AM till 11:00 AM**

**May 5, 12, 19, 26**

**June 2, 9, 16, 23**

**Wednesday Mornings**

Topics –

* Understanding your fears
* Staying active through easy exercises
* Learning to communicate with your family and healthcare team
* Making safety improvements at your home
* Delaying complications
* Changing “Fall-ty” Habits



**To register or for more information please contact:**

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