

Do you have concerns about falling?



A Matter of Balance: Managing Concerns About Falls

8-week class designed to :

- reduce fear of falling
- increase activity levels
- educate on how you can remain independent

Participants learn to:

- view falls as controllable
- set realistic goals for increasing activity
- change the environment to reduce fall risk factors
- modify behaviors that lead to falling
- exercise to increase strength and balance

For anyone who:

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

Classes are fun and interactive!

Provided by  Legacy
Link

When?

Tuesdays

April 1—May 20, 2025

10:30am - Noon

Where?

**Grace Episcopal Church
Gainesville, GA**

To Register:

**Call 770-783-2881
(Legacy Link)**

Registration Fee:

\$10 (pay at 1st session)

**Space is limited!
Register today!**

YOUR LINK TO A BETTER LIFE

Legacy Link



WE OFFER:

Case Management
Community Resources
Medicare Counseling
Legal Assistance

Senior Employment
Support Groups
Volunteer Opportunities
Wellness Programs

*Not sure where
to begin?*

- 1 Reach out to us
- 2 Participate in a screening
- 3 Get linked to the programs & services you need!

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