

# A MATTER of BALANCE

A **free** 8-week workshop to learn how to manage your concerns about falling



BRAIN  smart™

A Natividad Community Program

## Is this workshop for you?

Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increased activity levels. The program emphasizes practical strategies to manage falls.

## Who should attend?

- Anyone concerned about falls
- Has fallen or is at risk for falls
- Anyone interested in improving balance, flexibility and strength
- Does not have dementia
- Can walk independently (may use cane)

## You will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes at home to reduce fall risk
- Exercise to increase muscle strength and balance

**April 23 - June 11**  
**Every Tuesday, 9-11 a.m.**

**April 23**  
**April 30**  
**May 7**  
**May 14**

**May 21**  
**May 28**  
**June 4**  
**June 11**

Natividad Room 1st Floor (behind the gift shop)  
Participants must be able to attend all 8 workshops.

**Free refreshments**  
**will be provided!**



Registration required.  
Workshops are free.

Please call Lorraine Artinger,  
RN, Trauma Prevention and Outreach  
Nurse at (831) 772-7357.



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