

Do you have

CONCERNS ABOUT FALLING?

Join us for a **FREE WORKSHOP** designed for older adults
to manage falls and increase activity levels

Presented by the **Seniors Council Falls Prevention Program of Santa Cruz and San Benito Counties**

Many older adults experience concerns about falling and unknowingly restrict their activities. A MATTER OF BALANCE is an award-winning program designed to reduce the fear of falling and lower the risk of debilitating 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 restricted activities because of falling concerns

BONUS

Everyone who completes the program will receive a **FREE** \$20 grocery gift card and everyone with perfect attendance will be entered in a raffle for an **ADDITIONAL** \$50 grocery gift card (limited to new participants only).

HOW TO REGISTER:

Space is limited, please register early

Call Gus at 831-688-9217, or email

gusc@seniorscouncil.org



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Location:

La Posada Retirement Community
609 Frederick St, Santa Cruz, CA 95060

When: Classes are set for Tuesdays and Fridays at 10:45 am – 12:45 pm and will run for four (4) weeks beginning August 2nd, 2022.

Workshop is taught by trained and certified facilitators, either a Master Trainer or two coaches.



SERVICE + SUPPORT + ADVOCACY