

DO YOU HAVE **concerns** about falling?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A program that emphasizes practical strategies and simple exercises to manage falls.

Who should attend?

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

Upcoming classes:

- Acacia Lane, Santa Rosa
Sept 12-Oct 5, Mon & Wed – 1 - 3 pm
- Vintage House, Sonoma
Oct 4-28, Tue & Fri – 1 - 3 pm
- Vintage Park, Santa Rosa
Oct 4-Nov 22, Tue – 1 - 3 pm
- Case Grande Rd., Petaluma
Oct 10- Nov-2, Mon & Wed – 1 - 3 pm
- Bethlehem Towers, Santa Rosa
Oct 19-Dec 14, Wed –3 - 5 pm
- Rohnert Park Senior Center
Jan 6-Mar 3, 2017, Fri – 1 - 3 pm
- Windsor Senior Center
Jan 11-Mar 1, 2017, Wed – 1 – 3 pm
 - Classes are 8 sessions, 2 hours each session
 - This program is free of charge. Any donation gratefully accepted.

For more information please contact Dana Jacoby, Program Coordinator
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Sonoma County Area Agency on Aging