

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

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 increase activity levels.

This program emphasizes practical strategies to manage 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 60 years and older who have 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

BROADMOOR SENIOR CENTER
1651 Tarleton Street; Corpus Christi

is Hosting
"A MATTER OF BALANCE"

July 5th - 28th
Tuesday's and Thursday's

12:00 noon- 2:00 p.m.

For Additional Information Contact:

VIOLA MONRREAL
(361) 883-3935 ext - 5155
viola@cbcogaaa.org

**THIS FREE EDUCATIONAL PROGRAM IS
BROUGHT TO YOU IN PARTNERSHIP WITH:**



CHRISTUS SPOHN
Rehabilitation Services



HUMANA.
Guidance when you need it most

CLASSES ARE FREE!

Funded in part by:



A Matter of Balance: Managing Concerns About Falls




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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

MATTER OF BALANCE CLASSES: JULY 2016

Sun.	Mon.	TUESDAY	Wed.	THURSDAY	Fri.	Sat.
					1	2
						
		5 BROADMOORE SENIOR CENTER 1651 Tarleton Street, Corpus Christi 12:00 noon — 2:00 p.m.	6	7 BROADMOORE SENIOR CENTER 1651 Tarleton Street, Corpus Christi 12:00 noon — 2:00 p.m.	8	9
3	4					
10	11	12 BROADMOORE SENIOR CENTER 1651 Tarleton Street, Corpus Christi 12:00 noon — 2:00 p.m.	13	14 BROADMOORE SENIOR CENTER 1651 Tarleton Street, Corpus Christi 12:00 noon — 2:00 p.m.		
					15	16
		19 BROADMOORE SENIOR CENTER 1651 Tarleton Street, Corpus Christi 12:00 noon — 2:00 p.m.	20	21 BROADMOORE SENIOR CENTER 1651 Tarleton Street, Corpus Christi 12:00 noon — 2:00 p.m.	22	23
17	18					
24	25	26 BROADMOORE SENIOR CENTER 1651 Tarleton Street, Corpus Christi 12:00 noon — 2:00 p.m.	27	28 BROADMOORE SENIOR CENTER 1651 Tarleton Street, Corpus Christi 12:00 noon — 2:00 p.m. ~ GRADUATION ~	29	30
						
	31					

This FREE program emphasizes practical strategies to manage falls.

For additional information contact:

~ **VIOLA MONRREAL** ~

Program Developer/ADRC Coordinator

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For more information or to schedule a presentation event, please call the AREA AGENCY ON AGING / COASTAL BEND AGING & DISABILITY RESOURCE CENTER for the various programs and services available in the Coastal Bend Region.