

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. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. Please choose from one of the following eight week classes.

WHEN

Fridays, March 9 to April 27, 1 to 3 p.m.

Mondays, March 12 to April 30, 1 to 3 p.m.

Fridays, May 4 to June 22, 1 to 3 p.m.

Mondays, May 7 to June 25, 1 to 3 p.m.

Mondays, July 9 to August 27, 1 to 3 p.m.

Fridays, July 13 to August 31, 1 to 3 p.m.

Mondays, September 10 to October 29, 1 to 3 p.m.

Fridays, September 14 to November 2, 1 to 3 p.m.

WHERE

Reading Health Rehabilitation Hospital
2802 Papermill Road, Wyomissing

INFO

Program is FREE. Seating is limited. Registration is required. For more information or to register:
www.readinghealth.org/events; or call Kathy Roberts 610-374-3195 ext. 230



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Berks County
Area Agency on Aging



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www.readinghealth.org | 484-628-HELP (4357)