

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, June 2 to July 21, 1 to 3 p.m.

Mondays, June 5 to July 31, 1 to 3 p.m.
(No class July 3)

Fridays, August 4 to September 22, 1 to 3 p.m.

Mondays, August 7 to September 25, 1 to 3 p.m.
(No class September 3)

Fridays, September 29 to November 17, 1 to 3 p.m.

Mondays, October 2 to November 20, 1 to 1 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; 610-374-3195 ext. 224;
or MSitler@BerksEncore.org



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READING HOSPITAL

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Berks County
Area Agency on Aging



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