

# *Do you have* **Concerns About Falling?**

*Join us for a **FREE WORKSHOP**  
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
- Exercise to increase strength and balance

## *Who should attend? Anyone who:*

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

## *How do I register?*

Call Sue Taylor at **910-624-1667**



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Thursdays  
1 - 3:30 p.m.**

**September 19, 26  
October 3, 10, 17, 24, 31  
November 7**

**Stedman Baptist Church**

**7750 Clinton Road  
Stedman, NC**



Accredited by the North Carolina Local  
Health Department Accreditation Board



**Public Health**  
Prevent. Promote. Protect.

**Cumberland County  
Department of Public Health**