## Do you have Concerns About Falling?

Join us for a **FREE WORKSHOP** designed to manage falls and increase activity levels.

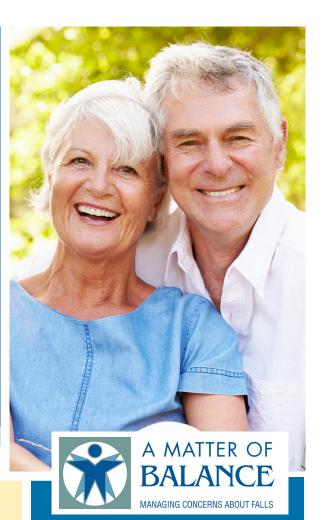
## You will learn to:

- 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



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



If you would like more information about the Cumberland County Department of Public Health's programs and services, health-related data, or community resources, please call (910) 433-3600 or visit with someone at the information desk, or visit our website at co.cumberland.nc.us/health.aspx#. Comments are welcome and can be submitted on our website at http://www.co.cumberland.nc.us/feedback. The Health Department is located at 1235 Ramsey Street in Fayetteville. Duane Holder, Interim Health Director. CCPIO 09/2019