



DO YOU HAVE **CONCERNS ABOUT FALLING?**

**MASTER TRAINER-ANN SWAIN**

IS OFFERING A  
BRIEF INFORMATION SESSION  
IMMEDIATELY FOLLOWING CHURCH SERVICE  
SUNDAY, SEPTEMBER 25

DOWNSTAIRS IN THE FIRESIDE ROOM

**You will learn...**

**how to control falls  
set goals to increase activity  
reduce falls risks  
increase strength & confidence**

**Who should attend...**

**Anyone concerned about falls  
Anyone wanting to improve balance,  
strength and confidence  
Anyone who has fallen  
Anyone who has restricted activity  
due to falling concerns**

***A MATTER OF BALANCE: MANAGING CONCERNS ABOUT FALLS IS A PROGRAM BASED ON FEAR OF FALLING. COPYRIGHT 1995***

*BOSTON UNIVERSITY*

THIS PROGRAM IS NOT AN EXERCISE PROGRAM BUT MAY GIVE YOU CONFIDENCE FOR YOU TO JOIN AN ONGOING EXERCISE PROGRAM!

IF YOU HAVE CONCERNS ABOUT YOUR ABILITIES, THIS PROGRAM CONSIDERS ALL LEVELS OF ABILITY. IF YOU USE A CANE, WALKER OR EVEN A WHEELCHAIR, YOU CAN PARTICIPATE.

WE'LL OFFER BRIEF INFORMATION, ANSWER QUESTIONS AND DISCUSS MATTERS OF CONCERN, AS WELL AS SET OUR SCHEDULE FOR THE FIRST EXCITING SERIES OF ...

**A MATTER OF BALANCE**

**WE LOOK FORWARD TO SEEING YOU ON SEPTEMBER 25**