

A MATTER OF BALANCE

REDUCE YOUR FEAR OF FALLING

WHO?

- Adults Aged 55+
- Fearful of falling
- Fallen in the past
- Interested in losing that fear and gaining strength and balance

WHAT?

- View falls as controllable
- Goal setting for increased activity
- Make changes to reduce falls at home
- Exercise



WHEN & WHERE?

Tuesdays, August 13 - October 1 | 1-3PM
Arthurs Place, 759 Woodford Way, Delaware, OH

Wednesdays, August 14 - October 2 | 12:30-2:30PM
Genoa Township Hall, 5111 South Old 3C Highway, Westerville, OH

TO REGISTER:

Call (740) 363-6677
MySourcePoint.org/EC

 **Delaware Public Health District**
Dedicated to your health

