Do you have concerns about falling?

A MATTER OF BALANCE is an award-winning program designed to reduce the fear of falling and increase activity levels. This program emphasizes practical strategies to manage concerns about falls.

This program emphasizes practical strategies to manage falls.

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 concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has restricted activities because of falling concerns

Eskaton Roseville Manor
1725 Pleasant Grove Blvd
Roseville, CA

Classes are held twice a week for 4 weeks for 2 hours each
Mondays and Wednesdays
Nov. 6 - Dec. 6, 2017
(1pm-3pm)

To reserve your spot, contact Cindy Stout at 916.789.1136 or cindy.stout@eskaton.org