

National Institutes of Health
<http://patienteducation.stanford.edu>
- Stanford Patient Education Research
<http://www.webmd.com>
- WebMD

FEEL STRONGER...
SAFER...
RELAXED



A PROGRAM OF
**LAND
of SKY**
REGIONAL CENTER



ARE YOU...

- Concerned about falls?
- Restricting activities because you have fallen in the past?
- Interested in improving flexibility, balance, and strength?

A MATTER OF BALANCE WORKSHOP WILL HELP YOU LEARN TO...

- Set realistic goals for increasing activity
- Change your environment to reduce fall risk factors
- Exercise to increase strength and balance

DATES: Wednesdays 3/4/20 through 4/22/20

TIME: 9:30am to 11:30am

LOCATION: First Baptist Church- 63 North Main Street
Weaverville, NC 28787

REGISTER: Call Jennifer at 828-645-6720

