

# AFRAID OF FALLING?

## A Matter of Balance

### Upcoming Workshop

**Mahoning County  
Public Health**  
50 Westchester Drive  
Austintown, OH 44515

Begins Friday,  
November 1, 2019  
10:30 AM to 12:30 PM

Workshop consists of 8  
weekly sessions ending  
on Friday,  
December 27, 2019

***To register for the free  
workshop or for more  
information, call  
330-270-2855,  
extension 171***



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is an 8-week structured falls prevention workshop that emphasizes practical strategies to reduce the fear of falling and increase activity levels. During weekly 2-hour classes, participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.



**MAHONING COUNTY  
PUBLIC HEALTH**  
PREVENT · PROMOTE · PROTECT