

DO YOU HAVE CONCERNS ABOUT FALLING?



Otero Cooperative Extension Services and NMDOH offer a *free program* designed to work with community dwelling elderly adults with a fear of falling.

PLEASE JOIN US IF YOU:

- are concerned about falls
- sustained a fall in the past
- want to improve flexibility, balance and strength
- restrict activities because of concerns of falling
- are 60 or older, ambulatory and able to problem solve

Class Schedule:

Monday and Wednesday Mornings in March

***FREE Program
Classes start
March 3rd***



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

***Must Register in Advance
575-437-0231***

This award winning program is designed to benefit community dwelling older adults to reduce the fear of falling. This program utilizes volunteer coaches to teach the eight two-hour sessions.

**Classes will be held Mondays and Wednesdays, for a total of 8 sessions, at the Alamo Senior Center.
TO REGISTER please call (575) 437-0231**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model © 2006.

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