



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



**Classes will be held Tuesdays & Thursdays at the
Liberty Township Administration Building 1315
Churchill Hubbard Rd. Liberty OH 44505.
from 1:00-3:00.**

***The dates of the classes will be June 24th &
26th, July 1st, 3rd, 8th, 10th, 15th and 17th**

Many older adults experience concerns about falling and restricting their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Participants will learn fall prevention strategies along with specific exercises designed to increase their strength, endurance, flexibility, and balance.

The program is free. You must sign up in advance to attend classes. **Call 330-545-6596 to sign up**



Funded by Direction Home of Eastern Ohio

Girard Multi-Generational Center: 443 Trumbull Ave. Girard, OH 44420 Ph: 330-545-6596





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BALANCE

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Free Fall Prevention Program in Liberty

The Girard Multi-Generational Center is presenting, "A Matter of Balance: Managing Concerns about Falls" program at the Liberty Township Administration Building, 1315 Churchill-Hubbard Rd. Youngstown, Ohio 44505. The classes will be held Tuesday's and Thursday's, starting at 1:00. This program consists of 8 class sessions that build upon the previous sessions. The dates of the classes will be:

June 24th , 26th , July 1st, 3rd, 8th, 10th, 15th and 17th

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Participants will learn fall prevention strategies along with specific exercises designed to increase their strength, endurance, flexibility, and balance. The program is right for you if you are concerned about falls, interested in improving balance, flexibility, and strength, and if you have fallen in the past. **The program is free.** Call the Girard Multi-Generational Center at (330)545-6596 to register.