

# Worried about falling?

Reduce your risk.



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

**What:** An 8-week program to help you reduce your risk of falling

**When:** Tuesdays Sept. 4-Oct. 23<sup>rd</sup>

**Time:** 10am-12pm

**Where:** Waldron Wellness Center

**Cost:** **FREE** (and you don't have to be a Waldron member)

**Space is limited! REGISTER @ 268-1623**

