

FALLS PREVENTION EDUCATION

Join Misty Harmon and Bunni Smith



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

You will learn to:

- View falls and the fear of falling as controllable
- Set realistic goals for increasing activity
- Make your home safer and avoid falls
- Improve balance, strength and flexibility
- Use technology in relation to your healthcare

Registration is required. Limited to 12 participants.

(740) 743-1602

Somerset Library

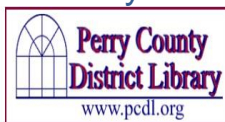
Wed. Aug. 21 & Fri. Aug 23

Wed. Aug. 28 & Fri. Aug 30

Wed. Sept 4 & Fri. Sept. 6

Wed. Sept 11 & Fri. Sept 13

Sponsored by



Call OSU Extension office to register 740.743.1602