



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is a national award-winning program designed to decrease fear of falling, improve strength, balance and flexibility in those 60 and older.

Through group discussion, problem-solving, videos and exercise, you will learn to:

- Reduce fall hazards in the home
- Reduce fear of falling
- Increase physical activity
- Improve overall health

Who can benefit from A Matter of Balance? Anyone 60 or older who:

- Is concerned about falling
- Has fallen
- Restricts activities due to fear of falling
- Wants to improve strength, balance and flexibility

A Matter of Balance classes meet once a week for eight weeks, or twice a week for four weeks.



A Matter of Balance Schedule of Classes

- ◆ **Villas on Bear Creek** **Tuesdays**
8009 Davis Blvd
North Richland Hills, TX
76182 817-498-1650 Linda
Aug 1-Sept 19
9:30 AM-11:30 AM
- ◆ **Hurst Senior Center** **Thursdays**
700 Heritage
Hurst, TX 76053
817-788-7710 Caprice
Aug 3-Sept 21
10:00 AM-12:00 PM
- ◆ **Amazing Care** **Thursdays**
3241 Oak Timber
Forest Hill, TX 76119
678-995-4100 Crystal
Aug 10-Sept 28
2:00 PM-4:00 PM
- ◆ **Mansfield Senior Lifestyles** **Wednesdays**
106 South Wisteria
Mansfield, TX 76164
817-728-3680 EXT. 3686
Sept. 6-Oct 25
9:30 AM-11:30 AM
- ◆ **Greenbrier Community** **Wednesdays**
5200 Hemphill St.
Fort Worth, TX 76102
817-392-6270 Dan
Sept. 6-Oct 25
1:00 PM-3:00 PM
- ◆ **Texas Health Resources SW** **Thursdays**
6720 Ryan Drive
CE Building
Fort Worth, TX 76123
1-877-847-9355
Sept. 14-Nov. 2
1:00 PM-3:00 PM
- ◆ **Redeemer Lutheran** **Thursdays**
4513 Williams Road
North Benbrook
Fort Worth, TX 76116
817-999-3253 Donna
Sept. 21-Nov 9
10:00 AM-12:00 PM

**For additional information:
Contact: Tina Dawson, Program Coordinator
817-413-4949 Ext. 217**

Space is limited, call listed number to register

