

# DO YOU HAVE CONCERNS ABOUT FALLING?

A MATTER OF BALANCE CAN HELP!

## YOU'LL LEARN TO:

- ✓ View falls as controllable
- ✓ Set goals for increasing activity
- ✓ Make changes to reduce fall risks at home
- ✓ Exercise to increase strength and balance

## CLASS DETAILS:



Mondays/Thursdays in July  
\*Not meeting on July 4th



10:00am - 11:30am



Location: St. John's Baptist Church

REGISTER TODAY!

REGISTER AT  
[WWW.SHEPHERDSCHARLOTTE.ORG/  
LIFELONG-LEARNING-LABS](http://WWW.SHEPHERDSCHARLOTTE.ORG/LIFELONG-LEARNING-LABS)

