

LIBERTY TOWNSHIP

ADMINISTRATION BUILDING

1315 CHURCHILL-HUBBARD RD.

YOUNGSTOWN, OH 44505



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

**Classes will be held Monday's & Wednesday's
starting at 1:30, beginning Monday, Nov. 21st**

*The dates of the classes will be:

Nov. 21, 23, 28, 30 & Dec. 5, 7, 12, 14.

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 free.**

To pre-register or for more information call Girard Multi-Generational Center, 330-545-6596.

Funded by Direction Home of Eastern Ohio