

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) 342-4194

New Lexington Library

Mon. May 1, 1pm – 3pm
Thurs. May 4, 1pm – 3pm
Mon. May 8, 1pm – 3pm
Fri. May 12, 1pm – 3pm
Mon. May 15, 1pm – 3pm
Thurs. May 18, 1pm – 3pm
Mon. May 22, 1pm – 3pm
Thurs. May 25, 1pm – 3pm

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