



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Falls Prevention Education

Hosted by: Perry County RSVP and Ohio State University Extension



Classes will be held on
TUESDAYS from
1PM–3PM beginning
on October 23, 2018.

To register call 740-342-7220

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

During 8 two-hour classes participants 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

Perry County Library
117 S. Jackson St.
New Lexington, OH

Participant Outcomes at 6 months

Improvement in:

- Falls Management ▪ Falls Control
- Exercise level
- Decrease in Monthly Falls



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

