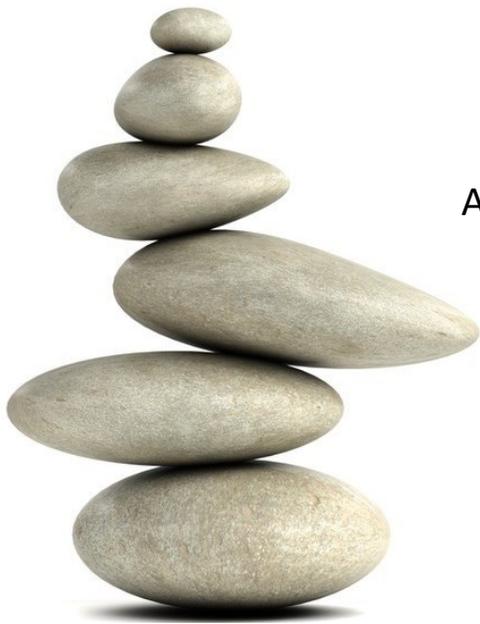


MATTER OF BALANCE

Presented by the WRAAA

Hosted by the Soprema Senior Center via Zoom

Mondays 12:00 - 2:30 pm
Oct. 19 - Dec. 7



Are you concerned about falling? The **Western Reserve Area Agency on Aging** is offering this structured 8-week virtual group intervention program that emphasizes practical strategies to reduce the fear of falling and increase activity levels.

Participants will learn to view falls and fear of falling as controllable, to set realistic goals to increase activity, to change their environment to reduce fall risk factors, and to exercise to increase strength and balance.

Please **RSVP by Oct. 7**. The WRAAA will mail your program materials and workshop instructions to you.



SOPREMA
Senior Center
& Cafe

Register via email to ssc@wadsworthcity.org or by phone to **330-335-1513**. Please include your name, address, phone number and “Matter of Balance.”