



Are you concerned about falling?



Take steps to make falls less likely!



1 Sign up for A Matter of Balance: This nationally-recognized program reduces fear of falling and increases activity levels. Workshops are held once a week for 8 weeks at convenient community locations.



2 Get some exercise: Lack of exercise weakens legs, increasing the chance of falling. Exercise programs like Tai Chi increase strength & improve balance, making falls less likely.



3 Be mindful of medications: Some medications, or combinations of medicines, can have side effects like dizziness or drowsiness. This can make falls more likely. Have a doctor or pharmacist review all your medications to reduce the chance of side effects.



4 Keep your vision sharp: Poor vision makes it harder to get around safely. Have your eyes checked yearly and wear glasses or contact lenses with the right prescription.



5 Remove hazards at home: About half of all falls happen at home. A home safety check helps identify fall hazards, like clutter & poor lighting, that should be removed or changed.

Take Charge of Your Health! **A Matter of Balance**



COMMUNITY
PARTNERSHIP
ON AGING

April 15 — June 10, 2020
Wednesdays, 12:30 pm — 2:30 pm
(no class May 20, 2020)

South Euclid Community Center
1370 Victory Drive
South Euclid, OH 44121

SIGN UP TODAY! Call (216) 650-4029



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Western Reserve
Area Agency on Aging



ENCORE
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Define your next chapter

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