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## **A Matter of Balance ~ Roanoke**

Date and Time

Weekly on Wednesday at 9:00am for 8 times

Upcoming

- Wednesday 9/25/2024 9:00 to 11:00am
- Wednesday 10/2/2024 9:00 to 11:00am

Event Region

Roanoke Valley

Event Type

Class

RSVP Info

Contact Delaine Caldwell at 540-345-0451 or [dcaldwell@loaa.org](mailto:dcaldwell@loaa.org)

Event Cost

\$0.00

Event Description

### **A Matter of Balance (MOB) - Falls Prevention Class**

Join us for weekly classes from August 14-October 2, 2024 from 9am until 11am at the LOA Center for Health and Wellness. Classes meet once a week for 8 weeks, for 2 hours each class.

### **Fall Prevention Strategies**

Many older adults experience concerns about falling and restrict their activities. This program emphasizes practical strategies to manage falls.

Participants will learn how to:

- View falls as controllable
- Set realistic goals for increasing activity
- Reduce their fall risk at home and in their environment

- Increase balance and strength with the exercises

### **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.

Event Image or Sponsor Logo

Image

