

A Matter *of* Balance

Managing Concerns About Falls

Wednesdays, February 12–April 9, 10 a.m.–12 p.m.

Live Video Conference



A Matter of Balance—Managing Concerns About Falls teaches practical strategies to reduce the fear of falling and explores medical, behavioral, and environmental risk factors for falls, stressing the importance of developing an exercise plan.

For more information or to register, contact LifePath's Information and Caregiver Resource Center at 413-773-5555 x1230, info@lifepathma.org, or visit our website at lifepathma.org/healthy-living.



Executive Office of Elder Affairs

