



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance

**Mondays October 30th through December 18th
10:00 am -12:00 pm**

**Asheville Community Yoga
8 Brookdale Rd Asheville NC, 28804**

A Matter of Balance is an evidence-based program designed to help older adults reduce their fear of falling and increase activity levels.

This program is designed to benefit older adults who are:

- Concerned about falls.
- Have sustained falls in the past.
- Restrict activities because of concerns about falling.
- Are interested in improving flexibility, balance, and strength.
- Are aged 60 or older, community-dwelling, and able to problem solve

Please contact: Brea Kuykendall at brea@landofsky.org or call 828-251-7438 for more information or to register.