

Published on *SeniorNavigator* (<https://seniornavigator.org>)

## **A Matter of Balance**

Date and Time

Weekly on Wednesday at 9:00am for 8 times

Event Region

Roanoke Valley

Event Type

Class

RSVP Info

Delaine Caldwell at LOA, [dcaldwell@loaa.org](mailto:dcaldwell@loaa.org) or 540-345-0451 ext. 3041.

Event Cost

\$0.00

Event Description

The Local Agency on Aging (LOA) is hosting the **A Matter of Balance falls prevention program** starting April 24th. Free class to increase balance, flexibility, and strength in older adults. Class will be at LOA's Center for Health and Wellness on Wednesdays from 9 am until 11 am, April 24 through June 12, 2024. Class is held once a week for 8 weeks, 2 hours per class.

Many older adults experience concerns about falling and restricting 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.

To register or for more information, please contact Delaine Caldwell at (540) 345-0451 extension 3041 or click the button below.

*FREE class to increase balance, flexibility, and strength in older adults!*

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

Event Image or Sponsor Logo

Image

