

MATTER OF BALANCE



HEALTH *for Today*
EVIDENCE-BASED CLASSES

8 Week Series

Designed by Boston University to assist older adults who have a fear of falling. Learn to view falls as controllable, reduce concerns about falling, and set goals for increasing activity.

July 26 - September 13
Wednesdays
9:30 - 11:00am

Camarillo Health Care District
3639 E Las Posas Rd.
Bldg. E, Suite 117
Camarillo, CA 93010

No charge

Register (800) 900-8582



Brought to you locally by the Ventura County Evidence-Based Health Promotion Coalition

The Matter of Balance: Managing Concerns about Falls@2012, MaineHealth's Partnership for Healthy Aging, Boston University. All rights reserved. This program may only be used or reproduced by organizations with permission from. MaineHealth's Partnership for Healthy Aging, Boston University

This project was supported, in part by grant number 90FPSG0005-01-01, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy. This project was supported, in part by grant number 90FPSG0005-01-01, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

