

# Seniors and Balance

*Optimizing Hoosier  
independence, dignity and  
quality of life*

## *How to Stay Safe!*

**D**id you know that simply being *afraid* of falling can statistically increase a person's *risk* for a fall? And that many people are so afraid of falling that they actually cut back on activities they enjoy—which can dramatically reduce their social interaction and quality of life?

We have **good news!** This short, interactive (and fun!) workshop will teach you to:

- 1) View falls as controllable
- 2) Make simple, personal changes that can reduce fall risks
- 3) Set some goals for increasing activity
- 4) Use mild exercise techniques to increase strength and balance

**Knowledge is power!**

*Join us and come prepared to take some  
positive steps!*

*(Wear comfortable clothing)*



**Please join us for this FREE workshop!**