FAITH COMMUNITY NURSE NETWORK





A Matter of Balance fall prevention program



In this Matter of Balance workshop, you can **reduce your fear of falls** and learn techniques for **increasing your activity**.

With a group of peers, in 8 sessions, you'll learn:

- To view falls and fear of falling as controllable
- To set realistic goals for increasing activity
- Ways to change your environment to reduce fall risks
- Exercises to increase strength, balance, and flexibility

Mondays 1:30 – 3:30 PM September 12 – October 31

Location

Redeemer Lutheran Church - Atrium 3770 Bellaire Ave, White Bear Lake

Workshop Leader:

Lynn Amon, MSW, LSW, 2nd Half with Lyngblomsten Becky Hulden , RN, FCN

Free: Donations are appreciated

Register online at:

www.yourjuniper.org/Classes/Register/3393

Or by phone: 1-855-215-2174





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