



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

**ARE YOU CONCERNED
ABOUT FALLING?**



FALLS PREVENTION WORKSHOP

**LEARN TO: VIEW FALLS AS CONTROLLABLE
SET GOALS FOR INCREASING ACTIVITY
MAKE CHANGES TO REDUCE FALL RISK AT HOME
EXERCISE TO INCREASE STRENGTH AND BALANCE**



**Osage County Library
22 Library Lane
Linn, MO 65051**

**Fridays, 1pm-3pm
January 17- March 7,
2025**

To register, use the QR code above, go to
<https://www.mrrl.org/event/matter-balance-osage-branch-7>, or call the library at 573- 897-
2951

