

## Falls Prevention Workshop:

## Healthy Steps for Older Adults

Ages 60+



### Who should attend?

Seniors with vision loss seeking to improve balance, flexibility, and strength, as well as those who have fallen or limit activities due to fear of falling.

### What you'll learn:

In two 2-hour classes, this interactive program raises awareness of various fall risk factors, including home safety, medication management, strength, balance, flexibility, communication with medical professionals, nutrition, mental health, stress management, sensory challenges, foot health, social connection, and more.



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Call (210) 531-1547 to register or schedule a class at your facility.



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## Matter of Balance

### Ages 60+

## Who should attend?

Seniors with vision loss seeking to improve balance, flexibility, and strength, as well as those who have fallen or limit activities due to fear of falling.

## What you'll learn:

In eight 2-hour classes, this field-tested program has proven highly effective in reducing the fear of falling among older adults. Participants learn to view falls as controllable, set goals to increase activity levels, make small changes to reduce fall risks at home, and engage in exercises to improve strength and balance.



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