



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



## ***Learn Practical Strategies To Manage Falls!***

Make Changes To Reduce Fall Risks At Home • View Falls As Controllable  
Increase Strength And Balance with Exercise • Set Goals For Increasing Activity

This award winning, 8-week program is designed to help anyone who is restricting activities because of falling concerns or who has fallen in the past. It is targeted at individuals age 70 and older.

### ***PLEASE JOIN US***

**Wednesdays, 1:30 - 3:30 PM**

May 6 - June 24, 2015 at

**Central Florida Speech and Hearing Center**

*(In the Winn Dixie Shopping Plaza)*  
3020 Lakeland Highlands Rd.  
Lakeland, Florida 33803

**863-686-3189**

**Call TODAY to reserve your seat.**

The classes are FREE, but seating is limited!



863-686-3189 • [www.cfshc.org](http://www.cfshc.org)

Find Us On



**Christy Berry**



**Izora Bullock**

Your classes will be lead by trained facilitators. **Christy Berry** is a Certified Personal Trainer, Licensed Massage Therapist and Rehab Fitness Specialist with over 12 years of experience in bodywork.

**Izora Bullock** is a retired Polk County School teacher. **Bullock** is a certified facilitator in the Living Healthy-Chronic Disease Self-Management Program and holds CPE certification for professional chaplaincy.

