

DO YOU HAVE **concerns** about **falling?**

Stony Brook Southampton Hospital hosts A MATTER OF BALANCE, an award-winning program designed to manage falls and increase activity levels.



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

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

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

WHEN:

Wednesdays, Oct. 2nd – Nov. 20th
October 2nd, 9th, 16th, 23rd, 30th
November 6th, 13th, 20th

Time:

9:00 – 11:00 AM

Where:

The Ed and Phyllis Davis Wellness Institute
Stony Brook Southampton Hospital
240 Meetinghouse Lane
Southampton, NY 11968

For more information or to register, please call: (631) 726-8800

The Ed and Phyllis Davis Wellness Institute at Stony Brook Southampton Hospital



Stony Brook Southampton Hospital

Trauma Center