



A Matter of Balance | A fall prevention workshop

Mondays and Wednesdays | 12:00 p.m. – 2:00 p.m.
August 10 – September 2, 2026

Green Branch Library
4046 Massillon Rd. | Green, OH

“A Matter of Balance” is a **free** four-week, evidence-based program proven to reduce falls in older people living in the community.

Join us, and in four weeks, you will learn:

- View falls as controllable
- Set goals for increasing activity
- Making 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

**Space is LIMITED and
Registration is
required!**

For questions or to register, contact:
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IN PARTNERSHIP WITH:

