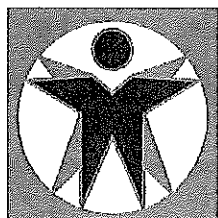


DO YOU HAVE **concerns** **about falling?**



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

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

TEXAS A&M AGRILIFE

Collinsville Church of Christ
201 Walnut St., Collinsville,
TX 76233

Tuesdays and Thursdays
from 10:00 a.m. til 12:00
p.m. Oct 4 through Oct 27.

Classes are held twice a week for 4
weeks for 2 hours each.

Class limit of 12 persons.

Program fee is \$20.

For more information please call

**Joyce White, 903-813-4203 or
email: joyce.white@ag.tamu.edu**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

DIAKONOS

ΔΙΑΚΟΝΟΣ - A SERVANT, ONE WHO EXECUTES THE COMMANDS OF ANOTHER

NOVEMBER 11-12

DEACON-LOVE
CAMPLE-SAVIOR
ND-GOD-BIBLE
AD-CHALLENGE
ITED-MINISTRY
SHEPHERD-KING
MISSION-GIVE
E-HELP-PREACH
LOVE-SERVICE
ALLING-ASSIST
UDY-EXAMPLE
ND-GOD-BIBLE
AD-CHALLENGE
ITED-MINISTRY

Ministers, Elders & Deacons,

Lewisville church of Christ would like to invite you to attend DIAKONOS on November 11 & 12. The evening of the 11th is designed for anyone who would like to attend this special evening with Dr. Bruce McLarty. Saturday is intended primarily for ministers, elders and deacons.

Saturday will begin with a breakfast with Paul Shero, followed by keynote sessions with Dr. Bruce McLarty. We will also have practical classes that will challenge and edify all church leaders. There will be an assortment of class offerings, including some focused sessions for preachers, youth ministers, elders and deacons. We will conclude the conference around 5:00 p.m.; following a final session with Dr. McLarty.

Why attend? Our hope is to encourage and inspire church leaders in their call to serve within the Kingdom. Our aim is to grow in our understanding of what it means to serve the Master and His people in our current context. Jesus spent a great amount of time with His apostles, guiding and training them in the way He would have them go. His ministry among those men ought to serve as an example for us today. We want to provide an opportunity for men to grow in their abilities as leaders within the Church. Stronger, more capable leaders will result in stronger, healthier congregations. We hope you will make plans to join us.

In Him,

Keith Harris

Preaching Minister
Lewisville church of Christ

DIAKONOS IS SPONSORED BY THE
LEWISVILLE CHURCH OF CHRIST
IN PARTNERSHIP WITH
WORLD BIBLE SCHOOL & THE JENKINS INSTITUTE



TALENT-SERVE-SHEPHERD-KING
CHARGE-GUIDE-MISSION-GIVE
INFLUENCE-SAVE-HELP-PREACH
TEACH-STUDY-LOVE-SERVICE
BUTED-SUPPORT-ENCOURAGE
FOLLOW-TALENTS-CHALLENGE
NURTURE-UPLIFT-LEARN-LOVE
EXAMINE-HEART-MIND-BODY
CARRY-DUTY-CALLING-ASSIST
OBEY-LEAD-STUDY-GENTLENESS
DIAKONOS-SERVANT-MINISTER
KING-MASTER-JESUS-SERVICE
HUMBLE-LEADER-DEACON-LOVE
ELDER-SERVE-EXAMPLE-SAVIOR
CHRIST-COMMAND-GOD-BIBLE
EDIFY-SERVE-LEAD-CHALLENGE
CHURCH-APPOINTED-MINISTRY
TALENT-SERVE-SHEPHERD-KING
CHARGE-GUIDE-MISSION-GIVE
BUILD-SUPPORT-ENCOURAGE
CHALLENGE-EDIFY-GOD-INSPIRE
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SCAN TO REGISTER FOR
SATURDAY CONFERENCE