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An award-winning national program to help older adults who experience a fear of falling is coming to the Burleson Public Library starting March 20. The classes are every Thursday, March 20 to May 8. A Matter of Balance is sponsored by the Area Agency on Aging of North Texas and Texas Health Resources.

A Matter of Balance includes eight two-hour sessions, which start at 1:30 p.m., for a small group. A trained facilitator leads the program. During the class, participants learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home, and exercise to increase strength and balance. The sessions are for those who are concerned about falls, have sustained falls in the past, restrict activities because of concerns about falling, are interested in improving flexibility, balance and strength and are age 60 or older, ambulatory and able to problem solve.

To register, please contact the Burleson Public Library at 817-426-9207. The library is located at 248 S.W. Johnson Ave.