

Our Promise To You

At Prestige, our promise is to personally touch lives every day. It is a philosophy of caring based on core values that are at the center of all we do. These are the core values that we live by:

Respect, Integrity, Commitment and Trust.



For more information or to schedule a tour in one of our Pendleton locations, contact:

Elizabethan Manor

Assisted Living
44882 Mission Rd
Ph: (541) 276-7157



Willowbrook Terrace

Nursing & Rehabilitation
707 SW 37th St
Ph: (541) 276-3374

McKay Creek Estates

Assisted Living
1601 Southgate Pl
Ph: (541) 276-1987

www.PrestigeCare.com

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WOULD YOU LIKE TO reduce your risk of 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

Free 8-session workshop meets once a week starting

**January 23, 2020
1:30-3:30pm**

750 SE 6th St., Hermiston

Register by phone or email
Good Shepherd Education

541-667-3509

healthinfo@gshealth.org

Questions?

Contact Sharon, 541-667-3474
or Corrina, 541-667-3507

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

