



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

DO YOU HAVE CONCERNS ABOUT FALLING?



Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an evidence-based, 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



Location:

Lexington United Methodist Church
5597 S. Main Street
Lexington, MI 48450



Dates:

Tues., August 16	Thurs., Sept. 8
Thurs., August 18	Thurs., Sept. 15
Tues., August 23	Thurs., Sept. 22
Thurs., August 25	Thurs., Sept. 29

Time:

1:00 – 3:00 p.m.



This 8-session course will be taught based on the schedule above.

For more information, call **810-648-6117**

Free to Seniors age 60 and UP with funding gratefully acknowledged from Region VII Area Agency on Aging