



**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:

East Side Manor
239 Roberts Street
Sandusky, MI 48471



Dates:

Thurs., Sept 28	Thurs., Oct 26
Thurs., Oct 5	Thurs., Nov 2
Thurs., Oct 12	Thurs., Nov 9
Thurs., Oct 19	Thurs., Nov 16

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