



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

# DO YOU HAVE CONCERNS ABOUT FALLING?

## SUMMER 2025 SCHEDULE

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:

Stonegate Village Assisted Living  
70 W. Argyle Street  
Sandusky, MI 48471



### Dates:

Thurs., July 10	Thurs., August 7
Thurs., July 17	Thurs., August 14
Thurs., July 24	Thurs., August 21
Thurs., July 31	Thurs., August 28

### Time:

1:00 p.m. – 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



**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).