



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

SUMMER 2026 SCHEDULE

Do you have concerns about falling?

Many older adults experience these concerns 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



These are 8-session courses & will be taught based on the schedule below.



Dates:

- | | |
|----------------|------------------|
| Tues., June 23 | Tues., July 21 |
| Tues., June 30 | Tues., July 28 |
| Tues., July 7 | Tues., August 4 |
| Tues., July 14 | Tues., August 11 |



Locations & Times (Choose 1):

Sandusky: 9:00 - 11:00 a.m. at
Countryside Free Methodist Church
912 Sanilac Road, Sandusky



Croswell/Lexington: 1:00 p.m. – 3:00 p.m. at
Croswell Wesleyan Church
200 Peck Road, Croswell

Free to Seniors
age 60 and Up

For more information or sign up, scan the corresponding QR code or call 810-648-6127.

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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
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