



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Provided by:



Valley Area Agency on Aging

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.

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, strength and flexibility
- Anyone who has fallen in the past

Cost: \$10.00 is requested to cover the cost of the participant manuals, but not required to participate in the class.

Paid for with funding from Valley Area Agency on Aging (VAAA) and the Aging and Adult Services Agency (AASA) and the Partners in Aging Strategy and Training (PAST). If you would like additional information, please call Abbie Mars, Valley Area Agency on Aging at (810) 600-0633.

Upcoming Classes:

Sycamore House – Durand

100 W Sycamore St Durand, MI 48429

Fridays: September 28 – November 16, 2018

12:30pm – 2:30pm

To register call: Sycamore House at (989) 288-2358.

Clio Area Senior Center

2136 W Vienna Rd, Clio, MI 48420

Wednesdays: October 17 – December 12, 2018

10:00am – Noon

To register call: Clio Area Senior Center at (810) 687-7260.

Hasselbring Senior Center

- 1002 W. Home Ave, Flint, Michigan, 48505

Mondays, October 22 – December 10, 2018

1:00pm – 3:00pm

To register call: Hasselbring Senior Center at (810) 766-9516.

St. Charles of Helena Church – Clio

230 E Vienna St, Clio, MI 48420

Tuesdays: November 6 – November 27, 2018

Noon – 2:00pm

*This class is 4 weeks, due to the holiday.

To register call: St. Charles of Helena Church at (810) 686-6792

Genesee Gardens Retirement Community

4495 Calkins Rd Flint, MI 48532

Mondays: November 26 – December 17, 2018

10:00am – noon

*This class is 4 weeks, due to the holidays.

To register call: Genesee Gardens at (810) 720-4159

If you know of a site that would be interested in hosting A Matter of Balance workshop, please contact Abbie Mars, Valley Area Agency on Aging at (810) 600-0633.