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.

**Upcoming Classes:**

**Swartz Creek Area Senior Center**  
8095 Civic Drive Swartz Creek, MI 48473  
Wednesdays: April 17 – June 12, 2019  
10:45am – 12:45pm  
To register call: Swartz Creek Senior Center  
(810) 635-4122

**Braidwood Manor**  
336 N Main Street Davison MI 48423  
Mondays: May 13 – July 1, 2019  
10:00am – Noon  
To register call: Braidwood Manor  
(810) 223-6501

**Linden Lane**  
3095 Linden Lane Flint, MI 48507  
Fridays: May 17 – June 28, 2019  
1:00pm – 3:00pm  
To register please sign up at the front desk at Linden Lane

**Loose Center**  
707 N Bridge St Linden, MI 48451  
Thursdays: June 13 – August 15, 2019  
12:00pm – 2:00pm  
To register call: Loose Center at  
(810) 735-9406