



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



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:

American House –North

3375 N Linden Rd Flint, MI 48504

Tuesdays, January 7 – February 25, 2020

Time: 10:00am

To register please sign up at the front office at American House – North.

Grand Reserve by Del Webb

6286 Merion Ln Grand Blanc, MI 48439

Wednesdays, January 8 – February 26, 2020

Time: 1:00PM

To register please call Grand Reserve at 1(888) 406-3027 or sign up at the Clubhouse.

American House – Grand Blanc

12640 Holly Rd Grand Blanc, MI 48439

Fridays, January 10 – February 28, 2020

Time: 2:00pm

To register please sign up at the front desk at American House – Grand Blanc.

Thetford Senior Center

11495 N Center Rd Clio, MI 48420

Fridays, March 6 – May 1, 2020

Time: 1:30pm

To register please call the Thetford Senior Center at (810) 686-0630.

Imlay City Senior Center

395 E Third St Imlay City, MI 48444

Mondays, April 6 – May 18, 2020

Time: 1:00pm

To register please call Imlay City Senior Center at (810) 724-6030.

