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.

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.