

DO YOU HAVE **Concerns** about falling?



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.

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

**Location: Burton Senior Center
9:30am – 11:00am**

Friday, September 15, 2023
Friday, September 22, 2023
Friday, September 29, 2023
Friday, October 6, 2023
Friday, October 13, 2023
Friday, October 20, 2023
Friday, October 27, 2023

Cost for the participant manual is \$10.00. Classes are conducted over seven sessions, meeting once a week, two hours per session.

**To sign up for the class please call
810-744-0960.**

Space is limited.


**Valley Area
Agency On Aging**
Answers, Action & Advocacy
for All Things Senior



VAAA is a proud AIRS platinum member

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

Paid for with ACLS Bureau. & Valley Area Agency on Aging. If you would like additional information, please contact Abbie Mars at the Valley Area Agency on Aging at 810-239-7671, Ext 213.