

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: Swartz Creek Senior Center
8095 Civic Dr.
Swartz Creek, MI 48473**

**Friday, September 22 thru
November 3, 2023**

1:30pm – 2:30pm

Classes are conducted over seven sessions, meeting once a week, one hour per session.

**To sign up for the class please call
810-635-4122.**

Space is limited.

VAAA
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

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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.