

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: Durand Senior Center
10:00am – 11:30am**

Monday, July 29, 2024
Monday, August 5, 2024
Monday, August 12, 2024
Monday, August 19, 2024
Monday, August 26, 2024
Monday, September 9, 2024
Monday, September 16, 2024

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
989-288-4122.**

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

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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.