

# 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: Eastside Senior Center  
9:30am – 11am**

Monday, September 30, 2024

Monday, October 7, 2024

Monday, October 21, 2024

Monday, October 28, 2024

Monday, November 4, 2024

Monday, November 18, 2024

Monday, November 25, 2024

**\*No class 10/14/24 or  
11/11/24\***

**Donation 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  
810-250-5000.**

**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.**