

# 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: Oak Street Senior Apartments**  
**12:00pm – 2:00pm**

Thursday, August 1, 2024  
Thursday, August 8, 2024  
Thursday, August 15, 2024  
Thursday, August 29, 2024  
Thursday, September 12, 2024  
Thursday, September 19, 2024  
**\*No Class 8/22/24 or 9/5/24\***

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

**To sign up for the class please call 810-820-3461.**

**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.**