

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

Scheduled Classes:

McFarlan Court St. Village (Flint)

January 7 – February 25, 2025
1:00pm – 3:00pm

Brennan Community Center (Flint)

January 10 – February 21, 2025
10:30am – Noon

Davison Area Senior Center

Mondays, February 10 – April 7, 2025
1:00pm – 3:00pm

Classes are conducted over eight sessions, meeting once a week, two hours per session.

To sign up for the class please contact the locations listed above.

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.

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