

# 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  
8618 Lansing Rd.  
Durand, MI 48429**

1:00pm – 2:30pm

Tuesdays:  
January 6<sup>th</sup> – February 17<sup>th</sup>, 2026

**Donation for the participant manual is \$10.00, although not required to attend. Classes are conducted over seven sessions, meeting once a week.**

**To sign up for the class please contact Durand Senior Center at (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.**