

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: Swartz Creek Area Senior Center

8095 Civic Drive #2
Swartz Creek, MI 48473

Fridays:
August 14 thru September 25
1:00pm – 2:30pm

To register call:

Swartz Creek Senior Center
810-635-4122

Classes are conducted over eight sessions, meeting once a week.

This class is free! Please sign up as space is limited.



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.