

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

**Christian Neighbors
Will host classes @
Baraga Manor
Mondays & Thursdays
May 14 – June 14, 2018
1:30– 3:30 PM**

**Classes are held twice a week
for 4 weeks for 2 hours each.**

Must Pre-Register:

**Contact: Shannon Fuller
(269) 685-4166 ext. 103**

**For more information please call
Barb Nelson
Area Agency on Aging, IIIA
(616)-222-7011**



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