

# 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 @  
Royal Estates  
Mondays & Thursdays  
May 14 – June 14, 2018  
10 – 12 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**

Supported by:  
Area Agency on Aging of Western  
Michigan  
and



**Area Agency on Aging IIIA**