

# 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: Eastside Senior Center**  
**1:00 pm – 3:00 pm**

Monday, April 3, 2017  
Monday, April 10, 2017  
Monday, April 17, 2017  
Monday, April 24, 2017  
Monday, May 1, 2017  
No Class Monday, May 8, 2017  
Monday, May 15, 2017  
Monday, May 22, 2017

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

**Participant Manuals are \$10.00 each**

To sign up for the class please call 810-250-5000.  
Space is limited.

This program is being offered in partnership with the Valley Area Agency on Aging.



A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006  
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Paid for with Aging and Adult Services Agency & 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.