

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: Flushing Senior Center
106 Elm Street Flushing, 48433**

Thursday, May 25, 2017
Thursday, June 1, 2017
Thursday, June 8, 2017
Thursday, June 15, 2017
Thursday, June 22, 2017
Thursday, June 29, 2017
Thursday, July 6, 2017 (**Session 7
& 8 will be combined**)

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

\$10.00 donation for participant workbook is requested.

To sign up for the class please call 810-659-4735.

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.