

DO YOU HAVE **Concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Free Class – Limited Seating up to 15 participants

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



Upcoming Class

**Good Samaritan Hospital
Cancer Pavilion**

MONDAYS

April 23rd & 30th

May 7th , 14th and 21st

June 4th , 11th and 18th

Time: 1:00 p.m. – 3:00 p.m.

**Call Mary Pargin
to reserve your spot
812-885-3793**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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A Matter of Balance Lay Leader Model

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