

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



Upcoming Class
Oak Village Healthcare
200 4th Street,
Oaktown, IN

Wednesdays from 1:30 pm - 3:30 pm

August 23, 30,
September 6, 13, 20 and 27,
October 4 and 11

**This is an 8-week course which meets
once a week for 2-hour sessions.**

Program is FREE

Limited seating!
**For more information or to register, please
contact:**

Alma Kramer
1-800-742-9002 ext. 4527

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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