

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

Generations
Area 13 Agency On Aging & Disability
A member of the  connect Alliance.

Upcoming Class

Linton Public Library

March 7th, 14th, 19th and 26th

April 4th, 11th, 18th and 25th

Time: 12:30 p.m. – 2:30 p.m.

**Call Sandy Carpenter
to reserve your spot
812-381-0441**

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

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

