

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

Generations

Class sessions are:

**September 8th, 15th, 22nd, 29th
October 6th, 13th, 20th & 27th**

**Habig Center in Jasper
1301 St. Charles Street
Jasper, IN**

1:30 pm – 3:30 pm

**Classes are held once a week
for 8 weeks for 2 hours each.**

Program fee is **FREE**

Limited seating!
Register today by calling

Generations

1-812-639-2388

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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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