

# DO YOU HAVE CONCERNS ABOUT FALLING?



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

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

**FREE Class - Limited seating up to 10 participants**

A Matter of Balance is an award-winning evidence-based fall prevention program that emphasizes practical strategies to manage falls.

#### PARTICIPANTS 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 MATTER OF BALANCE CLASSES?

- 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

*\*Matter of Balance workshops consist of 2-hour sessions each week for a total of 8 weeks.*

## UPCOMING CLASS

**Knox 4-H Fairgrounds  
11728 IN-67  
Bicknell, IN 47512**

**TUESDAYS**

October 4th, 11th, 18th, 25th  
November 1st, 8th, 15th & 22nd

**Time: 10:00 am—Noon**

**To reserve your spot, please call  
Rita Wampler @ 812-899-0465**

*It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution.*

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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**

*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).*

