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

**Do You Have Concerns About Falling?**

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**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

**FREE CLASS** - Limited to 10 participants

**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

**UPCOMING CLASS**
The Villages at Oak Ridge
1694 Troy Rd
Washington, IN 47501

Tuesdays and Fridays: 1 pm to 3 pm
June 6 through June 30th

To register, contact Alma Kramer at
812-888-4527 or by email at
akramer@vinu.edu

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*A Matter of Balance Lay Leader Model*
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