



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Do You Have Concerns About Falling?

A MATTER OF BALANCE is an award-winning evidence-based program that emphasizes practical strategies to manage falls



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

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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GenerationsNetwork.org