



**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



FREE CLASS PROVIDED BY

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



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 2025 CLASS

**OAKLAND CITY COLUMBIA
TOWNSHIP PUBLIC LIBRARY
210 S. MAIN STREET
OAKLAND CITY, IN 47660**

RSVP 812-385-3491 ext. 103

**EVERY THURSDAY
from 1:00 p.m. to 3:00 p.m. CST
9/4/25—10/23/2025**

For more information on this class, contact Alma Kramer at 812-888-4527.

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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