



**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

**Trinity United Methodist Church**

125 S. Fifth St., Rockport, IN 47653

## **THURSDAYS**

9:30 a.m. to 11:30 a.m. CST

May 4th through June 22nd

To register contact Megan Jaspersen at 812-362-8066 or at [mjaspers@purdue.edu](mailto:mjaspers@purdue.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**

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).

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This project is supported by the University of Southern Indiana Geriatrics Workforce Enhancement program (GWEP), funded by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS). Proud partners are the University of Southern Indiana, Deaconess Clinic, Generations, and SWIRCA & More.



[GenerationsNetwork.org](http://GenerationsNetwork.org)