



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



LIMITED TO 15 PARTICIPANTS

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

FREE 2025 CLASS

**DUBOIS COUNTY
HEALTH DEPARTMENT
1187 S. ST CHARLES ST, JASPER
RSVP 812-481-7050 ext 7163**

**EVERY TUESDAY
from 1p.m.—3p.m. est
September 9, 16, 23, 30
October 7, 14, 21 & 28**

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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Public Health
Prevent. Promote. Protect.



**VINCENNES
UNIVERSITY**

Generations
Area 13 Agency On Aging & Disability

A member of the [connect Alliance](http://connectalliance.org).

GenerationsNetwork.org