



**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 15 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 SPRING CLASS

St. Charles Villa Clubhouse
3150 St. Charles St.
Jasper, IN 47546

Every Tuesday from 1 to 3 p.m. EST
APRIL 7, 2026– MAY 26, 2026

RSVP 812-481-7050 ext. 7163

For more information call Alma Kramer at 812-888-4527 or 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

VINCENNES UNIVERSITY Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

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