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

VINCENNES UNIVERSITY

St. Charles Health Campus

Public Health
Prevent. Promote. Protect.

Generations
Area 13 Agency On Aging & Disability
A member of the INconnect Alliance

GenerationsNetwork.org