



**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

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 SUMMER 2025 CLASS

**DUBOIS COUNTY
HEALTH DEPARTMENT**
to host an 8 week fall prevention
program this summer at the
HABIG COMMUNITY CENTER

LIMITED TO 15 PARTICIPANTS

RSVP 812-481-7050 ext 7163

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 **IN**connect Alliance.

GenerationsNetwork.org