



**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**



**FREE :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

**SPRING 2026 SESSIONS**  
**FREE METHODIST CHURCH**  
**202 E. WALNUT STREET**  
**PETERSBURG, IN 47567**

**EVERY WEDNESDAYS**  
**from 9 a.m.-11 a.m. est**  
**MARCH 4th, 11th, 18th, 25th**  
**APRIL 1st, 8th, 15th, & 22st**

**RSVP to Alma @ 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**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.  
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A member of the [INconnect](http://INconnect) Alliance.

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