



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

## KETCHAM MEMORIAL CENTER LOCATION: THERAPY GYM

601 E. Race St,  
Odon IN, 47562

**RSVP 812-888-4527**

**EVERY WEDNESDAY**  
from 1pm-3pm est  
September 3, 10, 17, 24  
October 1, 8, 15, & 22

**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**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.  
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Area 13 Agency On Aging & Disability

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