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 10 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 CLASS
Gibson County Center for Advanced Manufacturing & Logistics
8100 US HWY 41
Fort Branch, IN 47648

Tuesdays, August 1st through September 19th
1 p.m. - 3 p.m. CST

To register, contact Angie Crabtree at 812-881-7841 or by email at adcrabtr@purdue.edu

GenerationsNetwork.org