



**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 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

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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GenerationsNetwork.org