



**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 15 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



Extension - Martin County



**Martin County 4-H Fairgrounds
& Event Center
Community Learning Center
2666 US 50, Loogootee**

**Wednesdays from 10 a.m.-Noon
September 3, 10, 17, 24
October 1, 8, 15 & 22**

For more information or to register, contact Alma Kramer 1-800-742-9002



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. A Matter of Balance Lay

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