



**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

**To register, please contact Angie Ray at 812-385-3491**

## UPCOMING CLASS

**Fort Branch Library  
Lois Kissel Room  
107 E Locust St  
Fort Branch, IN 47648**

Every Tuesday from 1 p.m. to 3 p.m. CST  
April 23rd through June 11th, 2024

OPEN TO THE PUBLIC but you must register!



### 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 Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



**USIGWEP**  
Geriatrics Workforce  
Enhancement Program

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