

DO YOU HAVE **Concerns** about falling?



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL 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

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

Classes will be offered:

**Tuesdays
1:30 to 3:30 p.m.**

**January 10th – February 28th
at**

**The Bluffs - Library
1000 Bluff View Drive, Houghton**

THE PUBLIC IS INVITED

For more information or to register,
please call 1-800-338-7227
or dial 2-1-1



CLASS SIZE IS LIMITED! CALL TODAY!

Sponsored by UPCAP

NO FEE TO ATTEND but MUST PRE-REGISTER

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).