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 balance

PURDUE UNIVERSITY | Extension - Martin County

Martin County 4-H Fairgrounds & Event Center
Community Learning Center
2666 US 50, Loogootee
RSVP 812-247-3303 x 4607

Mondays from 1 p.m.-3:00 p.m.
October 19th, 26th
November 2nd, 9th, 16th , 23rd, 30th
December 7

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

VINCENNES UNIVERSITY

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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Area 13 Agency On Aging & Disability
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GenerationsNetwork.org