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

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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 2026 FALL LOCATION

THE CENTER
212 S. RICHLAND CREEK DR.
PRINCETON, IN 47670

RSVP 812-385-3491 ext 103

WEDNESDAYS from 9 a.m.-11 a.m.
SEPTEMBER 2nd-OCTOBER 21st

For more information on this class, contact Alma Kramer at 812-888-4527.

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006
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A Matter of Balance Lay Leader Model
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