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

LIMITED TO 15 PARTICIPANTS

FREE 2026 CLASS

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

SENIOR & FAMILY

211 MAIN STREET
WASHINGTON, IN 47501
RSVP JODI @ 812-254-1881

EVERY THURSDAY
from 1p.m.—3p.m. est
September 3, 10, 17, 24
October 1, 15, 22, & 29
(October 8th-Health Fair)

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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