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

LIMITED TO 15 PARTICIPANTS

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

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

FREE 2026 CLASS

ST. JOSEPH CATHOLIC CHURCH PARISH CENTER
1029 KUNDECK ST., JASPER
RSVP 812-481-7050 ext 7163

8 SESSIONS—EVERY FRIDAY
from 9 a.m.-11 a.m.est
September 11th, 18th, 25th
October 2nd, 9th, 16th, 23rd, 30th

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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