

DO YOU HAVE CONCERNS ABOUT FALLING?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS


Generations
Area 13 Agency On Aging & Disability
A member of the  INconnect Alliance.

FREE Class - Spots Are Limited!

A Matter of Balance is an award-winning evidence-based fall prevention program that emphasizes practical strategies to manage falls.

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

WHO SHOULD ATTEND MATTER OF BALANCE CLASSES?

- 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

**Matter of Balance workshops consist of 2-hour sessions each week for a total of 8 weeks.*

UPCOMING CLASS

VU Agricultural Center (Room 102)
4207 N Purdue Rd
Vincennes, IN 47591

TUESDAYS

October 6th, 13th, 20th and 27th
November 3rd, 10th, 17th and 24th
TIME: 9:00 a.m. to 11:00 a.m.

To register, contact
The Purdue Extension - Knox County
812-882-3509

Masks are required!

Please register by September 30th, 2020

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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.



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