

DO YOU HAVE CONCERNS ABOUT FALLING?



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

PURDUE
UNIVERSITY

Extension

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 & FRIDAYS

October 19th, 22nd, 26th & 29th
November 2nd, 5th, 9th and 12th
TIME: 1:00 pm to 3:00pm

To register, contact

The Purdue Extension - Knox County

812-882-3509

Masks are required!

Please register by October 15, 2021

This project is supported by the University of Southern Indiana's Geriatrics Workforce Enhancement Program (GWEP) funded by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS). Proud partners are University of Southern Indiana, Deaconess Clinic, Generations and SWIRCA & More

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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.

