



**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 10 participants

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 CLASS

4-H Fairgrounds Food Court

4-H Way, Washington, IN 47501

Tuesdays - 2 p.m. to 4 p.m.

April 4, 11, 18 and 24

May 2, 9, 16 and 23

To reserve your spot, please call 812-254-8668.

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.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

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Extension

This project is supported by the University of Southern Indiana 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 the University of Southern Indiana, Deaconess Clinic, Generations, and SWIRCA & More.



GenerationsNetwork.org