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

Do You Have Concerns About Falling?
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
Ciné Apartments
Community Room
RESIDENTS ONLY
Thursdays - 1 p.m. to 3 p.m.
August 3, 10, 17, 24, 31,
September 7, 14 and 21
To register, contact Alma Kramer at 812-888-4527 or by email at akramer@vinu.edu

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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