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 15 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**
16 West Virginia St.
Evansville, IN  47710
**Tuesdays** - 1 p.m. to 3 p.m. CST
Sept. 5th through Oct 24th

For more information or to register contact Kristen Hood at (812) 492-7435

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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
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