



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 15 participants

Based on Stanford University's **Chronic Disease Self-Management Program**

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

Daviess Community Hospital
1314 E Walnut
Washington, IN 47501
Education Room 3

Every Monday & Friday
9/15, 9/18, 9/22, 9/25, 9/29, 10/2,
10/6 and 10/13
1 p.m. to 3 p.m.

**For more information or to register contact Molly at (812) 254-2760 ext. 1361
Please leave a voicemail if there is no answer.**

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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USIGWEP
Geriatrics Workforce
Enhancement Program

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