



**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 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

Mondays - 1:30 p.m. to 3:30 p.m.
October 2nd through November 20th

Jamestown Apartments
110 Jamestown Square
Washington, IN 47501
RESIDENTS ONLY

For more information or to register contact Misty Fischer at Jamestown Office

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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.
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USIGWEP
Geriatrics Workforce
Enhancement Program

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Generations
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A member of the  iConnect Alliance.

GenerationsNetwork.org