

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL 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

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

Classes will be held Thursdays at the
Scott County Heritage Center and Museum
(1050 S Main St., Scottsburg, IN 47170)
9:00-11:00 am
starting March 7, 2024

(some weeks will be skipped so the dates are
3/7, 3/14, 3/21, 3/28, 4/4, 4/18, 5/2, and 5/9)

Program limited to 12 participants.

Program is **FREE**

RSVP to Megan at mcbrough@purdue.edu or
812-752-8450 by March 1st to reserve your spot.



Extension - Scott County

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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