

DO YOU HAVE CONCERNS ABOUT FALLING?



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

PURDUE
UNIVERSITY

Extension

FREE Class - Spots Are Limited!

A Matter of Balance is an award-winning evidence-based fall prevention program that emphasizes practical strategies to manage falls.

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

WHO SHOULD ATTEND MATTER OF BALANCE CLASSES?

- 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

*Matter of Balance workshops consist of 2-hour sessions each week for a total of 8 weeks.

UPCOMING CLASS

Blue Jean Center
1242 Main St.
Monroe City, IN 47557

THURSDAYS

March 17th, 24th, 31st, April 7th, 14th, 21st,
28th and May 5th
TIME: 10 a.m. to 12 p.m.

To register, contact Tonya Short
The Purdue Extension - Knox County

812-882-3509

Masks are required!

Please register by March 10th

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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.

