

# 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 at:  
**FULTON COUNTY  
FAIRGROUNDS,  
COMMUNITY BUILDING**

9:30 am - 11:30 am  
on Tuesday's and Thursday's:  
May 12, 14, 19, 21, 26, 28 and  
June 2 and 4, 2026

Program is **free**, and space is limited to 12 participants.

Once the class is full, please call to be added to the wait list.

**Pre-registration required by  
May 5, 2026**

Purdue Extension- Fulton County  
1-574-223-3397 or

Register on this link  
<https://cvent.me/4D59xP>

**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.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).