

DO YOU HAVE concerns about falling?



Extension - Vermillion County



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 evidence-based fall prevention program designed to manage falls and increase activity levels.

Limited seating up to 12 participants

(we ask participants to make every effort to attend all sessions)

This program emphasizes practical strategies to manage falls.

PARTICIPANTS LEARN TO:

- view falls as controllable
- set goals for increasing
- 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

LOCATION:

4-H Community Building,
Fairgrounds
610 South 4-H Drive
Cayuga, IN 47928

PROGRAM DATES

Tuesdays and Fridays
July 30
August 2, 6, 9, 13, 16, 20 & 27

TIME:

10:00 AM - 12:00 PM ET

COST: \$25/person

PRE-REGISTRATION - REQUIRED

by July 27, 2024

For more information, contact Lori Bouslog
lbouslog@purdue.edu or 765-492-5332

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

CLASS SCHEDULE

10:00 AM - 12:00 PM

(Each class will build upon the previous session making it important to attend all classes)

Tuesday, July 30, 2024	Introduction to the Program
Friday, August 2, 2024	Exploring Thoughts and Concerns About Falling
Tuesday, August 6, 2024	Exercise and Fall Prevention
Friday, August 9, 2024	Assertiveness and Fall Prevention
Tuesday, August 13, 2024	Managing Concerns About Falling
Friday, August 16, 2024	Recognizing Fall-ty Habits
Tuesday, August 20, 2024	Recognizing Fall Hazards in the Home and Community
Tuesday, August 27, 2024	Practicing No Fall-ty Habits Fall Prevention: Putting it All Together

If you are in need of reasonable accommodations or have special dietary needs to attend this program, please contact Lori Bouslog by July 27, 2024 at lbouslog@purdue.edu or 765-492-5332.

A snack break will be provided during all sessions.



A Matter of Balance: Managing Concerns About Falls ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

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).