

A MATTER OF BALANCE

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.
- To set goals for increasing activity.
- To make changes to reduce fall risks at home.
- Practical strategies to improve balance, confidence, and overall safety.
- Exercises to increase strength and balance.

YOU SHOULD ATTEND IF YOU ARE:

- Concerned about falls.
- Living with or cares for someone learning to prevent falls.
- Interested in improving balance, flexibility and strength.
- Falling or have fallen in the past.
- Given restricted activities because of falling concerns.

MORE THAN JUST PREVENTING FALLS!

- This class also benefits family members, friends, and caregivers.
- Gain skills to better support a loved one who is learning to prevent falls.
- Create a safer home environment for everyone in your household.
- Engaging, interactive, and full of useful tips for daily life!



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MANAGING CONCERNS ABOUT FALLS

DATES AND TIME

9:30 A.M.-11:30 A.M

NOV. 3RD

NOV. 5TH

NOV. 10TH

NOV. 12TH

NOV. 17TH

NOV. 19TH

NOV. 24TH

NOV. 26TH

LOCATION:

**408 SR 28 E
WILLIAMSPORT, IN
47993**

COST: \$25

MUST register to participate!

Contact Brock Turner at turnerbm@purdue.edu or call 765-474-0793 for assistance.

If you are in need of accommodations to attend this program, please contact Brock Turner at 765-474-0793 or turnerbm@purdue.edu.

If you need an interpreter or translator, please contact Brock Turner at 765-474-0793 or turnerbm@purdue.edu.

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Extension - Warren County