

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.

Participants in the classes 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
- concerns

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



June 3, 7, 10, 14, 17, 21, 24 & 28

Mondays and Fridays, 10:00-12:00

Dillsboro Village Apartments
10145 Alpha Drive
Dillsboro, IN 47018

Classes are held twice a week for 4 weeks for 2 hours each.

RSVP early to Purdue Extension Dearborn County at 812-926-1189, space is limited

For more information call:

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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.

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