

Do You Have Concerns About Falling?



Extension - Health and Human Sciences



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

LOCATION:

Caylor Nickel Foundation
Family YMCA
550 W Dustman Road
Bluffton, IN 46714



PROGRAM DATES & TIMES:

Classes are held every Tuesday & Thursday for 4 weeks from 1—3 PM. Dates for the upcoming program:

October 31

November 2, 7, 9, 14, 16, 21 & 28

REGISTRATION INFO:

- Classes are FREE
- Class size is limited, so please register by October 24, 2023
- Register by calling (260) 824-6412

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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