

# 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:**

Wells County Council on Aging  
225 Water Street  
Bluffton, IN 46714



### **PROGRAM DATES & TIMES:**

Classes are held every Tuesday for 8 weeks from 1:30—3:30 PM. Dates for the upcoming program:

January 30  
February 6, 13, 20, 27  
March 5, 12, 19

### **REGISTRATION INFO:**

- Classes are FREE
- Class size is limited, so please register by January 23, 2024
- 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.  
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

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