

# 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 4-H Park Community Center  
1240 4-H Park Road  
Bluffton, IN 46714

### PROGRAM DATES & TIMES:

Classes are held every Tuesday for 8 weeks from 1—3 PM. Dates for the upcoming program:  
January 28  
February 4, 11, 18, 25  
March 4, 11, 18

### REGISTRATION INFO:

- Classes are FREE thanks to funding provided by the Wells County Foundation, Inc. through the G. Robert and Emma Studabaker Senior Citizen Endowment Fund
- Class size is limited, so please register by January 21, 2025
- 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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