

A MATTER OF BALANCE

What concerns do you have about falling? Many, especially 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 using practical strategies.

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 with falling
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen
- Anyone who has restricted activities because of a fear of falling

FREE 8-WEEK SERIES



MANAGING CONCERNS ABOUT FALLS

LOCATION:

1015 Short Drive, Suite A
Prudenville, MI 48651

TIMES:

10:00am to 12:00pm

DATES:

Beginning November 12
through December 10,
2019, runs for 8-weeks on
every Tuesday and
Thursday

TO REGISTER:

989.366.0205

