**DO YOU HAVE CONCERNS ABOUT FALLING?**

**MONTMORENCY COUNTY COMMISSION ON AGING**

**BRINGS OUR SENIORS CERTIFIED TRAINERS**

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**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.

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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

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Classes held on Friday’s
May 1 through June 19, 2020
9:30 a.m. to 11:30 a.m.
At MCCOA Office
11463 McArthur Road, Atlanta

**CLASS SIZE IS LIMITED**

**PRE-REGISTRATION REQUIRED**

To register contact:
MCCOA  989-785-2580

No charge to attend but donations are always welcome!

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A Matter of Balance: Managing Concerns About Falls
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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 (9H0A062780).