



MANAGING CONCERNS ABOUT FALLS

# A MATTER OF BALANCE

## Managing Concerns about Falls

### 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

---

**SPACE IS LIMITED,  
PLEASE REGISTER EARLY**

### Location:

Roscommon County  
Commission on Aging  
1015 Short Drive, Suite A  
Prudenville, MI 48651

### Times:

10:00 am to 12:00 pm

### Dates:

Beginning April 7 through  
April 30, 2020, runs for  
4-weeks on every  
Tuesday and Thursday

### To Register:

989.358.4616

[mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org)



MANAGING CONCERNS ABOUT FALLS



"Informing, Educating, & Caring"