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