

# A MATTER OF BALANCE

What concerns do you have about falling?  
Many, older adults have 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:

- Make changes to reduce fall risks at home
- View falls as controllable
- Set Goals for increasing activity
- 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

### LOCATION:

Hale Senior Center  
310 North Washington  
Hale, MI 48739

### TIMES:

10:00am to 12:00pm

### DATES:

Beginning August 3,  
2020 through  
September 28, 2020,  
runs for 8-weeks on  
every Monday

### TO REGISTER:

989.358.4616  
mainvilleb@nemcsa.org



**FREE 8-WEEK SERIES**

Free Lunch Included

**SPACE IS LIMITED, PLEASE REGISTER EARLY**