DO YOU HAVE CONCERNS ABOUT FALLING?
MONTMORENCY COUNTY COMMISSION ON AGING
BRINGS OUR SENIORS CERTIFIED TRAINERS

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.

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

Classes held on Friday’s
January 10 to February 28, 2020
9:30 a.m. to 11:30 a.m.
At Hillman Senior Center
431 Pineview Court, Hillman

**CLASS SIZE IS LIMITED**
PRE-REGISTRATION REQUIRED

To register contact:
MCCOA 989-785-2580
No charge to attend but donations are always welcome!

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 (#90AM02760).