

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



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

2 hour session  
per week  
for 8 weeks

**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 (#90AM2780).

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