



A Matter of Balance

Registration Required

DATE & TIME:

12:00-2:00pm

Thursdays

February 27, 2020-
April 16, 2020

LOCATION:

Arenac Community
Center
583 E. Cedar St.
Standish, MI 48658

CONTACT:

Nicole Wethington
wethingn@msu.edu
989-344-3264 ext. 1



**AREA AGENCY
ON AGING**
A Division of NEMCSA



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

DESCRIPTION:

A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance includes eight two-hour sessions for a small group led by a trained facilitator.

During the class, participants learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk 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

Image Credit: <https://www.ilpathwaystohealth.org/what-is-matter-of-balance-1>

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