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

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

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Persons with disabilities have the right to request and receive reasonable accommodations.