

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
April 22, 2020 through
June 17, 2020, runs for
8-weeks on every
Wednesday

TO REGISTER:

989.358.4616
mainvilleb@nemcsa.org



FREE 8-WEEK SERIES

Free Lunch Included

SPACE IS LIMITED, PLEASE REGISTER EARLY