



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

do you have **concerns** about **falling?**

Attend a Workshop for help!

Many older adults experience concerns about falling and may restrict their activities because of these fears. **MATTER OF BALANCE** is an 8-session workshop designed to improve balance, flexibility, and strength, - helping people reduce fall risks, strengthen their confidence, and become more active.

In an educational support-group style, **MATTER OF BALANCE** helps people to:

- *View falls and fear of falling as controllable*
- *Set goals for increasing activity*
- *Make changes to reduce fall risks*

Participants also learn and practice exercises to help with balance



IN-PERSON MATTER OF BALANCE WORKSHOPS

Wednesday and Friday Afternoons

October 5-28, 2022

1:00 pm - 3:00 pm

Location: Jackson County Department on Aging (Crouch Senior Center):

1715 Lansing Ave., Room 140, Jackson, MI 49202

TO REGISTER, CALL (517-592-1974 or email livingwellprograms@r2aaa.net

Donations are welcome. This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. More information can be obtained by Maine Health.

