

## Fall Prevention Classes

### Basic Fall Prevention Classes:

#### **Matter of Balance**

**592-1974**

WellWise (Region 2 Area Agency on Aging)

107 Chicago St.

Brooklyn, MI 49230

Service: 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. This eight-session workshop, 2 hours each session, is designed to improve balance, flexibility and strength.

**Classes held at various locations in Jackson County**, such as **Crouch Senior Center** and Henry Ford Allegiance Health.

Cost: donation

Contact: Region 2 AAA 592-1974 or Department on Aging, Laurie at 768-8691

### Balance Evaluation and specific treatment:

#### **Henry Ford Allegiance Hearing Center**

**205-1468**

1111 Teneyck Suite 200

Jackson, MI 49201

Service: upon referral from doctor, will conduct balance testing. Most insurances cover. If indicated, ENT doctor may recommend follow-up vestibular therapy.

Vestibular therapy in Jackson is available at Out Patient Physical Therapy Centers and is generally covered by insurance.