



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

DO YOU HAVE CONCERNS ABOUT FALLING?



SPRING 2025 SCHEDULE

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an evidence-based, award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks 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



Location:

Brown City Missionary Church
8935 Burnside Road
Brown City, MI 48416



Dates:

Thurs., March 27	Thurs., April 24
Thurs., April 3	Thurs., May 1
Thurs., April 10	Thurs., May 8
Thurs., April 17	Thurs., May 15

Time:

1:00 p.m. – 3:00 p.m.



This 8-session course will be taught based on the schedule above.

For more information, call **810-648-6117**

Free to Seniors age 60 and Up with funding gratefully acknowledged from Region VII Area Agency on Aging



A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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A Matter of Balance Lay Leader Model

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