

# DO YOU HAVE **Concerns** about **Falling?**



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an 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
- if you walk with assistance (walker, cane, furniture & walls, another person)

## **Jefferson Area Senior Center**

Jefferson, WI

*Thursday afternoons*

April 7, 14, 21, 28, May 5, 12, 19, 26

1:30– 3:30 pm

Classes are held once a week for 8 weeks for 2 hours each.

Program fee: Donation suggested

**For more information please call**

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OR



**(920) 674 - 8734**

**1 (866) 740 - 2372**

**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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