



OTSEGO COUNTY COMMISSION ON AGING

120 Grandview Blvd. ✧ Gaylord, Michigan 49735 ✧ Fax: 989.731.2739 ✧ occoa@occoaonline.org  
989.732.1122 ✧ www.OtsegoCountyCOA.org

# 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

### A SERIES OF EIGHT CLASS SESSIONS:

Thursdays • 9:30 to 11:30am  
University Center - Room 105

### 2017 WORKSHOPS

October 5th ~ November 30th

*NOTE:* Date change due to holiday, no class on November 23rd

### 2018 WORKSHOPS

January 4th ~ February 22nd

April 5th ~ May 24th

August 2nd ~ September 20th

Thursdays • *NOTE:* 1:00 to 3:00pm

Agency Funded ~ FREE to Participants

For more information or to sign up,  
please call OCCOA at 989.732.1122

For more information on Special Events and Activities, check out our website at  
[www.OtsegoCountyCOA.org](http://www.OtsegoCountyCOA.org)

#### A Matter of Balance: Managing Concerns About Falls

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*Inquiries regarding the original program may be directed to Boston University, Health & Disability Research Institute, 53 Bay State Road, Boston, Massachusetts, 02215. A Matter of Balance was created with support from the National Institute on Aging.*

*A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*

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