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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:
Held at the UC Gaylord - Room 105

2018 WORKSHOPS

October 4th ~ November 29th

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

Thursdays • 9:30 to 11:30am

2019 WORKSHOPS

January 3rd ~ February 21st

Thursdays • 1:00 to 3:00pm

April 4th ~ May 23rd

Thursdays • 9:30 to 11:30am

Agency Funded ~ FREE to Participants

For more information or to sign up,
please call OCCOA at [989.732.1122](tel:989.732.1122)

For more information on Special Events and Activities, check out our website at
www.OtsegoCountyCOA.org

A Matter of Balance: Managing Concerns About Falls

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.

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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