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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:
Thursdays • 10:00am to Noon
Gaylord Meal Site
120 Grandview Boulevard

January 5th ~ February 23rd
April 12th ~ May 31st
August 9th ~ September 27th

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

A Matter of Balance: Managing Concerns About Falls

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).