

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



OTSEGO COUNTY COMMISSION ON AGING

A series of eight class sessions:

Thursdays,

Oct. 21st - Dec. 16th (no class Nov. 25)

May 5th – June 23rd

Aug. 4th – Sept. 22nd

10:00am – Noon

OCCOA/Alten Zimmer Building

Agency Funded:

FREE to Participants

**For more information
please call:**

(989) 732-1122

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).