

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

When: Wednesday

May 2—June 27, 2018

**There will not be a class June 6
10:00-12:00**

**Where: Boone County Senior
Services, Inc. Satellite Office
Zionsville Town Hall
Room 215**

To register contact:

**Boone County Senior Services, Inc.
765-482-5220**

**For more information about the
program contact:**

**Lisa Cangany, Extension Educator
Purdue Extension Boone County
765-482-0750**

This is an 8 week class

Program fee is \$10.00

**Check made payable to:
Purdue Extension Boone County**



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AREA IV AGENCY
On Aging and Community Action Programs

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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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.

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