



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

DO YOU HAVE CONCERNS ABOUT FALLING?

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

Classes are held once a week for eight weeks. For more information about these class locations and times please contact Chrissy Klein at cklein@smpdd.com or 228-868-2311.