

# 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: Thursdays  
April 20—June 8, 2017  
10:00 a.m.-12:00 p.m.**

**Where: Boone County Senior  
Services, Inc.  
515 CrownPoint Dr.  
Lebanon, IN 46052**

***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**



*Connecting Generations*



**AREA IV AGENCY**  
On Aging and Community Action Programs

**Program fee is \$10.00**

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

**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.*

*A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*