

Do You Have Concerns about Falling?



A MATTER OF BALANCE

MANAGING CONCERN 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

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.
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