



# Charlevoix County Commission on Aging

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**Commission  
on Aging**  
*Serving Seniors in Charlevoix County*

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## **Free Balance Program to Help Charlevoix County Residents Reduce Risks For Falling**

BOYNE CITY - You probably know that older adults are at risk for falling. But, did you know that the fear of falling can lead to inactivity and that inactivity can greatly increase someone's risk for falling? Roughly 30% of adults 65 years and older do fall each year, mostly in their own home. Despite some horrifying statistics, such as falls being the leading cause of injury death, thankfully most falls do NOT result in serious injury.

To help overcome the fear of falling, reduce fall risks and increase activity levels, the Area Agency on Aging of Northwest Michigan (AAANM), the Charlevoix County Commission on Aging and Michigan State University Extension are offering the popular eight-session workshop, "A Matter of Balance: Managing Concerns About Falls". This award-winning program is being held at the Boyne City Senior Center, located at 411 E. Division St. in Boyne City. The Boston University, evidence-based program emphasizes practical strategies to reduce the fear of falling and ways to reduce environmental fall hazards. Sessions 3-8 include a modest exercise component that focuses on strength and flexibility to encourage increased activity levels.

**Where:** Boyne City Senior Center, 411 E. Division St., Boyne City, MI 49712

**When:** Tuesdays and Thursdays, 10:00 am-12:00 noon, April 24-May 17, 2018

For questions or to register for the class, please call 1-800-442-1713. Visit [www.aaanm.org/mob-workshops](http://www.aaanm.org/mob-workshops) to learn where and when "A Matter of Balance" workshops are being held throughout northwest Michigan. To register online, visit: [www.aaanm.org/workshop-registration](http://www.aaanm.org/workshop-registration)