

## A Matter of Balance: Stay Active & Maintain Independence



### Learn to:

- View falls as controllable
- Set goals to increase activity
- Make simple home changes to reduce fall risks
- Exercise to increase strength and balance

### Attend if:

- Concerned about falling
- Interested in improving balance, flexibility and strength
- You have fallen and restricted activities because of falling concerns
- You want to stay active and fit!



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

Have you turned down socializing and cut down on favorite activities due to falling concerns?

*A Matter of Balance* is an designed for older adults to learn to manage falls, increase confidence and improve activity levels. The fear of falling is as dangerous as falling itself as people limit activities, resulting in physical weakness, making the risk of falling even greater.

Trained peer leaders guide participants through learning and activities that emphasize strategies to reduce fear of falling and exercises to increase strength and balance. Find joy and activate your lifestyle.

Workshops are offered through the statewide Juniper™ network—a centralized hub of community providers delivering evidence-based programs to help people manage chronic health conditions, improve balance and prevent falls, and foster well-being.

### Eight 2-hour Sessions

Dates: 9/27/18 Thru 11/15/18

Time: 9:30-11:30 am

### Location:

St. Paul's Episcopal Church  
1710 E Superior St, Duluth, MN 55812

**Register Today - Space is limited!**

Visit [www.yourjuniper.org](http://www.yourjuniper.org)

or Peter Hafften at

[peterh@agewellarrowhead.org](mailto:peterh@agewellarrowhead.org) or 218-623-7800



Arrowhead Area  
Agency on Aging

**Cost:** suggested donation; \$5 per session or based on sliding fee scale—no one denied participation due to inability to donate.