



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



**Silver Sneakers**  
by Fidelity Health

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.

### 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, strength and flexibility
- Anyone who has fallen in the past

**Cost:** \$10.00 is requested to cover the cost of the participant manuals, but not required to participate in the class.

## Upcoming Classes:

### Swartz Creek Area Senior Center

8095 Civic Drive Swartz Creek, MI 48473

Wednesdays: April 17 – June 12, 2019

10:45am – 12:45pm

To register call: Swartz Creek Senior Center  
(810) 635-4122

### Braidwood Manor

336 N Main Street Davison MI 48423

Mondays: May 13 – July 1, 2019

10:00am – Noon

To register call: Braidwood Manor  
(810) 223-6501

### Linden Lane

3095 Linden Lane Flint, MI 48507

Fridays: May 17 – June 28, 2019

1:00pm – 3:00pm

To register please sign up at the front desk at  
Linden Lane

### Loose Center

707 N Bridge St Linden, MI 48451

Thursdays: June 13 – August 15, 2019

12:00pm – 2:00pm

To register call: Loose Center at  
(810) 735-9406



**Valley Area  
Agency On Aging**

*Answers, Action, & Advocacy  
for  
All Things Senior*