

# 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

**Location: Carmen-Ainsworth  
Senior Center  
12:30pm – 2:30pm**

Tuesday, December 7, 2021  
Tuesday, December 14, 2021  
Tuesday, December 21, 2021  
Tuesday, December 28, 2021  
Tuesday, January 4, 2022  
Tuesday, January 11, 2022  
Tuesday, January 18, 2022  
Tuesday, January 25, 2022

**Cost for the participant manual is \$10.00. Classes are conducted over eight sessions, meeting once a week, two hours per session.**

**To sign up for the class please call  
810-732-6290.**

**Space is limited.**

  
**Valley Area  
Agency On Aging**  
Answers, Action & Advocacy  
for All Things Senior



VAAA is a proud AIRS platinum member

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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**Paid for with Aging and Adult Services Agency & Valley Area Agency on Aging. If you would like additional information please contact Abbie Mars at the Valley Area Agency on Aging at 810-239-7671, Ext 213.**