DO YOU HAVE concerns about falling?

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

Vicksburg United Methodist Church
217 S Main - Vicksburg
Tuesday & Fridays
September 10 – October 4
1:00 – 3:00 pm

Must Pre-Register:
Contact: South County Community Services
(269) 649-2901
or
For more information/register please call
Kelly Milliman
Area Agency on Aging, IIIA
(269) 373-5021