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

Health & Community Services
311 E. Alcott Street
Kalamazoo, MI
Thursdays
Aug 1 – Sept 19, 2019
1:00 to 3:00 PM

Must Pre-Register

Contact:
Kelly Milliman
Area Agency on Aging, IIIA
269.373.5021

Sponsored by:
Kalamazoo County
Area Agency on Aging, IIIA