

# 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

SeniorResources   
*Our Name. Our Focus.*

Tanglewood Park Training Rooms  
560 Seminole Road, Muskegon  
**Thursdays, April 6 – May 25**  
1 p.m. to 3 p.m.

Classes are held once per week  
for 8 weeks for 2 hours each.

*Program fee is \$20. Scholarships  
are available.*

**To register, please call**

**Amy Florea at 231-733-3519 or  
amy@seniorresourceswmi.org**

#### **A Matter of Balance: Managing Concerns About Falls**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

#### **A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).