

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



Extension - Wells County

Rock Steady Boxing Gym

710 South Mulberry Street
Bluffton, IN 46714

Tuesdays

January 10, 17, 24, 31

February 7, 14, 21, 28

1:00 – 3:00 PM

Classes are held every
Tuesday for 8 weeks
from 1:00 – 3:00 PM.

Classes are free!

Class size is limited so please call to
register by January 3, 2023

**To sign-up, please call
(260) 824-6412**

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

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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).