

Do You Have Concerns About Falling?



Extension - Health and Human Sciences



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

PROGRAM DATES & TIMES:

Mondays and Thursdays

1:00 PM - 3:00 PM

October 30

November 3, 6, 10, 13, 17, 20, 24

**Please try to attend all 8 sessions in the series.*

LOCATION:

Wells County Council on Aging
225 Water Street
Bluffton, IN 46714

REGISTRATION INFO:

- Classes are FREE thanks to funding by the Wells County Foundation, Inc. through the G. Robert and Emma Studabaker Senior Citizen Endowment Fund
- Class size is limited, please register by October 24, 2025, 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.

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