

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 who is age 60 or older and is 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.

New Class Beginning June 1st in Piketon

*Sponsored by Pleasant Hill Manor and the
Area Agency on Aging District 7 (AAA7)*

Location: Pleasant Hill Manor
7143 US-23, Piketon

Time: 1:30 pm – 3:30 pm

*Classes will meet on **Wednesdays and
Fridays June 1st through June 24th***

Please Pre-Register by Calling:

**1-800-582-7277, ext. 22247
or ext. 22284**

**Class size is limited, so call today to reserve your
spot! Deadline to register is May 30th.**

**Register and attend at least five (5)
classes to enter your name in a
drawing to win a Wal-Mart Gift Card!!**

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

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