



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

# Do You Have Concerns About Falling?

**A MATTER OF BALANCE is an award-winning evidence-based program that emphasizes practical strategies to manage falls**



## 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

**FREE CLASS** - Limited to 15 participants

## PARTICIPANTS 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

## UPCOMING 2025 CLASS

**ELMER BUCHTA TECHNOLOGY  
3401 N. STATE ROAD 61  
CONFERENCE ROOM  
PETERSBURG, IN 47567**

**RSVP 812-888-4527  
EVERY THURSDAY  
from 1:00 p.m. to 3:00 p.m. EST  
MARCH 6th-APRIL 24th**

**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).

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