



**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 CLASS



**St. Charles Villa Clubhouse**  
3150 St. Charles St.  
Jasper, IN 47546

Every Tuesday from 1 p.m. to 3 p.m. EST

**For more information or to register, contact Alma Kramer at 812-888-4527.**



**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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