



**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**



**FREE CLASS PROVIDED BY**

## 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



Providing Education • Promoting Health • Preventing Illness

## 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

**PRINCETON PUBLIC LIBRARY  
124 S. HART ST  
PRINCETON, IN 47670**

**RSVP 812-385-3491 ext. 103**

**EVERY TUESDAY  
from 1:00 p.m. to 3:00 p.m. CST  
MARCH 18th-MAY 6th**

**Limited to 12 Participants**

**For more information on this class, 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. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

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GenerationsNetwork.org