

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:

- control falls
- set goals for increasing activity
- make your home safer and avoid falls
- improve balance, strength and flexibility

Free classes are held twice a week for 4 weeks for 2 hours each week

**Mondays & Wednesdays
March 19 – April 11, 2018**

1:00 p.m. – 3:00 p.m.

Wilder Branch Library

7140 E. 7 Mile Road

The workshop is limited to 12 participants.

**Contact Jennifer Dye at
313.481.1872 to register
Preregistration is
REQUIRED**



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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