



Do you have
**CONCERNS ABOUT
FALLING?**

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.



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 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

A Matter of Balance: Managing Concerns about Falls Volunteer Lay Leader Model ©2006. This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. 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).

CLASS INFORMATION

A pre-class will be scheduled the week before each session starts. Participants will be notified of the pre-class dates and time after registering for a session. The class is free for all to attend, but you must register prior to the class as space will be limited.

MAR 15-MAY 3 · Mondays 10AM TO NOON
APRIL 15-JUNE 3 · Thursdays 10AM TO NOON

at Franciscan Health ESSC
Visitor's Entrance, Classroom 1
421 N. Emerson Ave., Greenwood, IN

REGISTER TODAY!

(317) 528-4713 OR
CIRFranciscanWellcare@FranciscanAlliance.org

