

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:

- 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



**Friday, March 30th
1-3 p.m. at:**

**The Frankfort Police Dept.
20602 Lincoln-Way Lane
Frankfort, IL 60423**

Classes are held once a week for
8 consecutive Fridays.

For more information call
Officer Leanne Bender
(815)469-9435

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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