

DO YOU HAVE CONCERNS ABOUT FALLING?
MONTMORENCY COUNTY COMMISSION ON AGING
BRINGS OUR SENIORS CERTIFIED TRAINERS



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

2 hour session
per week
for 8 weeks

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

Classes held on Wednesdays

July 10—August 28, 2019

10:00 a.m. to 1:00 p.m.

At Lewiston 50+ Club

2811 Kneeland, Lewiston

****CLASS SIZE IS LIMITED****

**PRE-REGISTRATION
REQUIRED**

To register contact:
MCCOA 989-785-2580
 No charge to attend but donations are always welcome!

A Matter of Balance: Managing Concerns About Falls

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
Contact: MCOA
989-785-2580

Matter of Balance
Contact: MCOA
989-785-2580

Matter of Balance
Contact: MCOA
989-785-2580

Matter of Balance
Contact: MCOA
989-785-2580

Matter of Balance
Contact: MCOA
989-785-2580

Matter of Balance
Contact: MCOA
989-785-2580

Matter of Balance
Contact: MCOA
989-785-2580

Matter of Balance
Contact: MCOA
989-785-2580

Matter of Balance
Contact: MCOA
989-785-2580

Matter of Balance
Contact: MCOA
989-785-2580