

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



Senior Services of Central Illinois

January 7 – February 25, 2025
2:00 – 4:00 PM

701 West Mason, Springfield, IL

Classes are held once a week for
8 weeks for 2 hours each.

Registration fee is \$30.00. Full refund
will be issued if 5 of the 8 sessions are
attended.

**For more information please call
Justin Yuroff at (217) 528-4035,
ext. 118 by December 20, 2024.**

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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