

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 FREE 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?

- *Adults **60 years of age and older***
- *anyone interested in improving balance flexibility and strength.*
- *anyone who has fallen in the past or is concerned about falls.*
- *anyone who has restricted activities due to falling concerns.*

A Matter of Balance

FREE for: Adults 60 & over, living in Illinois

**Mondays and Wednesdays
July 7-July 30
10a-12p (8 Classes Total)**

**Western Illinois Area Agency on Aging
729 34th Ave
Rock Island, IL 61201**

Pre-registration is required.

**For more information or to register,
please call:**

**Rock Island County Senior Center
(309)788-6335**



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

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A Matter of Balance Lay Leader Model

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