

# 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.**

## **Who should attend?**

**Anyone with concerns about falls, who has fallen, has restricted activities because of a falling concern or interested in improving balance, flexibility and strength.**

Limited enrollment: 12 people per workshop

## **Upcoming Workshop**

**Charlotte Community Library**

**226 Bostwick St.**

**Meet in the Spartan Room**

**Charlotte**

**Mondays, June 18 – August 6, 2018**

**9:30 am – 11:30 am**



***To register, call Tri-County Office on Aging at 517-887-1465***

Workshop is free of charge but donations are accepted (not required)

A healthy snack and booklet is provided.

Classes funded by Tri-County Office on Aging (TCOA)  
through MI Office on Services for the Aging

### **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. More information can be obtained by Maine Health.