



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults are concerned about falling and may restrict their activities.

A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels in adults age 60 and older.

This program emphasizes practical strategies to manage falls. Delivered in a workshop format, classes are held once a week for eight weeks.

You will learn how to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Add exercises to increase strength and balance

Who should attend?

- Anyone with concerns about falling
- Those interested in improving balance, flexibility and strength
- Someone who has fallen in the past
- Anyone who has restricted their activities because of falling concerns

Space is limited for this FREE program.

**Please call (574) 284-7132 or
scan the QR code to pre-register.**

**Mondays, 10am- 12pm
February 23 – April 13, 2026**

**Mishawaka Library
209 Lincolnway E | Mishawaka, IN 46545**



HEALTH EDUCATION
Scan QR code or call (574) 284-7132 to register!



A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006: 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 Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Program may be provided in part by funding through the Indiana Family and Social Services Administration through the Older Americans Act.