



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.**

**Tuesdays, 10- 11:30am
January 27 –March 17, 2026**

**Milford Community Building
1111 S. Main St |Milford, IN 46542**



****Registrants must be able to attend one of the first 2 class sessions to participate. ****

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.

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