



# 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 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.

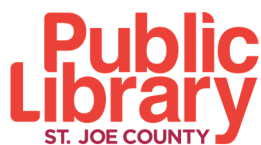
**Fridays, 10am - 12pm**  
**July 10 – September 4, 2026**  
(No class 8/7/2026)

**Centre Township Library**

1150 Kern Rd. | South Bend, IN 46614



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).

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