



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
October 2 – November 20, 2026**

Roger B. Francis Library Branch
52655 N Ironwood Rd. | South Bend, IN 46635



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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