

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.

Each workshop is 8 sessions. A snack and booklet is provided.

Limited enrollment: 12 people per workshop

Upcoming Workshops

Sam Corey Senior Center
2108 Cedar St.
Holt
Mondays, July 10 – August 28
1:00 – 3:00 pm

Jefferson Square Apartments
500 S. Jefferson St
Mason
Wednesdays, August 2 – September 20
2:00 – 4:00 pm

FREE courtesy of Mason Area Community Fund



Meridian Senior Center
Located on the East Wing of Chippewa Middle School
Okemos
Thursdays, September 7 – October 26
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 (unless otherwise noted)
Suggested donation is \$25 per person but it is not required to register



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

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