

# 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**

Delta Township Library  
5130 Davenport Dr.  
Lansing (west side)  
*Meet in Lissa McLean Room*  
Wednesdays, June 7 – July 26  
1:30 – 3:30 pm

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

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  
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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