

# DO YOU HAVE CONCERNS ABOUT FALLING?



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

Generations  
Area 13 Agency On Aging & Disability  
A member of the INconnect Alliance.

## FREE Class - Spots Are Limited!

A Matter of Balance is an award-winning evidence-based fall prevention program that emphasizes practical strategies to manage falls.

### PARTICIPANTS LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

### WHO SHOULD ATTEND MATTER OF BALANCE CLASSES?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

*\*Matter of Balance workshops consist of 2-hour sessions each week for a total of 8 weeks.*

### UPCOMING CLASS

Boonville Senior Center  
150 W. IN-62, Boonville IN 47601

(8) THURSDAYS  
9:00am-11:00 am

September 15th, 22nd, 29th  
October 6th, 13th, 20th, 27th  
November 3rd

**Pre-Registration Required**  
**Call Jo at 812-897-6100**



Purdue University Cooperative Extension Service is an equal access/equal opportunity institution. If you need a reasonable accommodation to participate in this program contact Jo Gilreath 812-897-6100 at least 10 business days prior to program date.

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**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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**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).*

