

# DO YOU HAVE **concerns** about falling?



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Free Class – Limited Seating up to 15 participants**

**This program emphasizes  
practical strategies to  
manage falls.**

#### **YOU WILL 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?**

- 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

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

**Good Samaritan Hospital  
Cancer Pavilion**

**8 Week Sessions**

**Attend EVERY MONDAY**

September 12<sup>th</sup>, 19<sup>th</sup> 26<sup>th</sup>  
October 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>

**Attend each week at**

**Time: 1:00 p.m. – 3:00 p.m.**

**Call Shannon Meek  
to reserve your spot  
812-885-3296**

**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).*