

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.

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

Sullivan Fire Department

500 US Highway 224,
Sullivan, Ohio 44880

**Mondays: May 5, 12, 19
June 2, 9, 16, 23 and 30**

Class time: 10 a.m. - NOON

Classes are held once a week
for 8 weeks, 2 hours each class.
12 participants maximum

There is **NO CHARGE** for this class!

To register, please call:

Jean Neel, RN
Ashland County Health Department
419-282-4340



Public Health
Prevent. Promote. Protect.

**Ashland County
Health Department**

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

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A Matter of Balance Lay Leader Model

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