

# 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

**Class to be held in  
Manistique at:**

**Harbor Towers Rec  
Room  
Thursdays**

**February 21<sup>st</sup>- April 11th  
1:00pm-3:00pm**

**To Register call SMH  
Rehabilitation Services  
906-341-3254**

**Class size is limited, registration  
is required  
No cost to attend!**

*This program brought to you by:  
Schoolcraft Memorial Hospital with support from UPCAP*