

DO YOU HAVE CONCERNS ABOUT FALLING?
MONTMORENCY COUNTY COMMISSION ON AGING
 BRINGS OUR SENIORS 2 CERTIFIED TRAINERS



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

2 hour session
 per week
 for 8 weeks

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

Classes held on Wednesdays

April 5 to May 24, 2018

1:30 p.m. — 3:30 p.m.

At the MCCOA Office
 11463 McArthur Road, Atlanta

****CLASS SIZE IS LIMITED****
PRE-REGISTRATION
REQUIRED

To register contact:
 MCCOA 989-785-2580
 No charge to attend but donations are always welcome!

A Matter of Balance: Managing Concerns About Falls
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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).

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