



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

# Do you have concerns about falling?

## Attend a Virtual Workshop for help!

Many older adults experience concerns about falling and may restrict their activities because of these fears. **MATTER OF BALANCE** is an 8-session workshop designed to improve balance, flexibility, and strength, - helping people reduce fall risks, strengthen their confidence, and become more active.

In an educational support-group style,  
**MATTER OF BALANCE** helps people to:

- *View falls and fear of falling as controllable*
- *Set goals for increasing activity*
- *Make changes to reduce fall risks*

Participants also learn and practice  
exercises to help with balance



## MATTER OF BALANCE WORKSHOPS

**Tuesday & Thursday Afternoons**      **January 9 – February 6, 2024**      **9:30 am – 11:30 am**  
**TO REGISTER CALL (989) 358-4616 or email [mainveilleb@nemsca.org](mailto:mainveilleb@nemsca.org)**

**Monday & Wednesday Mornings**      **April 8- May 1, 2024**      **10:00am – 12:00pm**  
**TO REGISTER CALL 313.833.7080 EXT233**

