



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

Monday & Wednesday Mornings April 8- May 1, 2024

10:00am – 12:00pm

TO REGISTER CALL 313.833.7080 EXT233

Tuesday & Thursday Afternoons July 16 – August 8, 2024

1:00 pm – 3:00 pm

TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@wellwiseservices.org

