

Do you have **concerns** about **falling?**

A Matter of Balance: Reducing your Risk of 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.

CLASSES:

Tuesdays from April 4 – May 23

1-3 p.m.

Crosslake Lutheran Church - 35960 CR 66

Class Leaders: Norma Hudson & Gail Smith

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 size is limited.

Register online at <http://crowwingenergized.org/event>

For more information contact Kara Schaefer at 218-454-5901



www.CrowWingEnergized.org