

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

Location: Immaculate Conception Formation Center
2000 Richmond Ave.
Mattoon, IL 61938

Dates: June 3, - July 29, 2019
Mondays

Time: 9:30-11:30 AM.

Classes are held once a week for 8 weeks for 2 hours each
Light snacks and refreshments are provided

Facilitated by
Sheila Greuel, Master Trainer &
Cheri Burcham, Coach

Cost: Suggested donation of \$10.00

To register please contact:

Sheila Greuel
217 725-6081

Host Organization: Community Care Systems, Inc.

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