DO YOU HAVE concerns about falling?

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

This is an 8 session series held on Monday & Friday afternoons from 1:00 to 3:00 pm:
February 29, March 4, 7, 11, 14, 18, 21, & 25.
In case of inclement weather class will be cancelled and rescheduled. Class will not be held if weather is bad.

Classes will be held in the Basement of Grace Lutheran Church
403 S. Burke St., Versailles

SPACE IS LIMITED so sign up early.
To register, please call the Morgan County Extension Center at 573-378-5358.

This program is being offered at a reduced fee of $15 per person in Versailles due to a grant that has been received!! Don’t miss this opportunity to attend!

Course will be presented by MU Extension Specialist: Sarah Traub

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