



# A Matter of Balance

*Learn to Improve Your Balance and Prevent Falls*

Many older adults experience concerns about falling and restrict their activity as a result. Our free 8-week program, A Matter of Balance, is designed to manage the risk of falls and increase activity.

**Wednesdays, March 21 –  
May 9, 2018**

9am - 11am

Lincoln Center, 820 South Lincoln Street  
Bay City, MI

***Please call to register:***

This program is free, but registration is required by March 7th. To register, please call Patricia Pogoreski, Trauma Program Coordinator, at (989) 894-3819. Class size is limited, so early registration is encouraged!

## *You will learn:*

- How to view falls as controllable
- Exercises to increase strength and balance
- How to set goals for increasing activity
- How to make changes to reduce fall risks at home

## *Who should attend:*

- Anyone concerned about falling
- Anyone who has fallen in the past
- Anyone who has restricted activity because of falling concerns



**BAY REGION**