

Family Pathways invites you to attend....



A MATTER OF BALANCE

MANAGING CONCERN ABOUT FALLS



DO YOU HAVE **concerns about falling?**

Attend the award-winning program, *A Matter of Balance*, designed to manage falls and increase activity levels, emphasizing practical strategies to remain safe. Reduce the fear and increase your activity level!

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

When

Wednesdays
1:30—3:30 p.m.
MAY 18 — JULY 6, 2016
(8 weeks, two hours per week)

Where

St. Mary's Parish
201 Forest Ave
Mora MN 55051

Registration/Questions?

Contact Lise Arseneau Lee by March 15 at 320-225-9277 or email to lise@familypathways.org to reserve your spot and/or for more information.

Cost share welcome

Class value is \$112 (sliding scale fee available or fee waived if unable to pay). Explained at first class.

NO ONE TURNED AWAY.

familypathways.org



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A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Family Pathways Aging Services programs are sponsored, in part, by a Live Well at Home grant from MN Department of Human Services, support from local donors, cost share participants, and Family Pathways Thrift Stores.

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