



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Provided by:



Valley Area Agency on Aging

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.

### 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, strength and flexibility
- Anyone who has fallen in the past

**Cost:** A \$10.00 donation is requested, but not required, to assist in paying for the Matter of Balance class workbooks.

Paid for with funding from Valley Area Agency on Aging (VAAA) and the Aging and Adult Services Agency (AASA) and the Partners in Aging Strategy and Training (PAST). If you would like additional information, please call Abbie Mars, Valley Area Agency on Aging at (810) 600-0633.

## Upcoming Classes:

### Court Street Commons

700 & 800 Court St. Flint, MI 48503

Wednesdays: January 3 – February 21, 2018

10:00am – Noon

To register call: Court Street Commons at

810-239-4700 or sign up at office.

### Cedarwood Senior Apartments

1700 Cedarwood Drive Flushing, MI 48433

Tuesdays: January 9 – February 27, 2018

2:00pm – 4:00pm

To register call: Cedarwood Senior Apartments at

(810) 487-2100 or sign up at the front office.

### Carmen Ainsworth Senior Center

2071 Graham Rd Flint, MI 48532

Thursdays, January 11 – March 1, 2018

1:30pm – 3:30pm

To register call: Carmen Ainsworth Senior Center at

(810) 732-6290.

### Fenton Community and Cultural Center

150 S Leroy St Fenton, MI 48430

Fridays: January 12 – March 2, 2018

1:30pm – 3:30pm

To register call: Fenton Community Center

at (810) 629-2512.

### Imlay City Senior Center

395 E Third Street Imlay City, MI 48444

Mondays: January 22 – March 19, 2018

1:30pm – 3:30pm

To register call: Imlay City Senior Center at

(810) 724-6030.

### Grand Blanc Senior Center

12632 Pagels Dr Grand Blanc MI 48439

Mondays: January 22 – March 19, 2018

10:00am – Noon

To register call: Grand Blanc Senior Center at

(810) 695-3202.