

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.

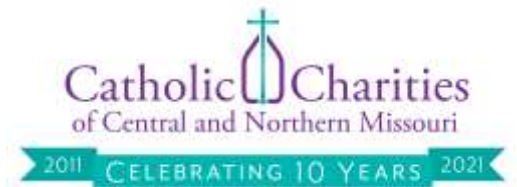
YOU WILL LEARN TO:

- 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

The FREE classes are held once a week for two hours each class.



AGINGbest

 **Extension**
University of Missouri
an equal opportunity/ADA institution

September 8-October 27
10:00AM-12:00 PM (on Wednesdays)
MU Extension Office
2436 Tanner Bridge Rd
Jefferson City, MO 65109

FOR MORE INFORMATION CONTACT:

Catholic Charities (Judith Mutamba)
573-635-7719
Aging Best (Maureen McKeage)
573-540-1100
MU Extension (Lynda Zimmerman)
573-634-2824
Maureen McKeage
573-540-1100
mmckeage@agingbest.org