

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



Clarke County
Hospital

An Affiliate of  UnityPoint Health

Osceola Senior Center
114 S. Fillmore St.
Osceola, IA

Wednesdays
October 25th –
December 13th
10:00 am -12:00 pm

Classes are held once a week for
8 weeks for 2 hours each.

REGISTRATION IS REQUIRED

For more information or to register:

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