

# DO YOU HAVE **concerns** about **falling?**



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity.**

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

### COST

- \$5
- Scholarships available, if needed.

Enjoy learning practical fall prevention techniques and simple exercises to increase flexibility, strength & balance

The **8** sessions will be held once a week on

**Mondays from 9-11am  
October 7<sup>th</sup> – November 18<sup>th</sup>**

**MercyOne Health & Fitness  
Center**

Conference Room 4

12493 University Ave,  
Clive, IA 50325

To register, contact:  
**Stacey Clough**  
515-643-8632