

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

KANSAS STATE
UNIVERSITY

Extension
Sedgwick County



SEDGWICK COUNTY
Health Department

K-State Extension Office –
Sunflower Room
April 8th – June 3rd
9:30 am – 11:30 am



www.schd.online/balance

**To register, please visit the
link/QR code or call:
316-660-0143**

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