

A Matter of Balance

Learn to Improve Your Balance And Prevent Falls



Registration

This program is free, but registration is limited to 15 participants and required by Friday, September 29.

To register, visit

www.mymichigan.org/balance or call MyMichigan Health Line at **(989) 837-9090** or toll-free at **(800) 999-3199**.

Many older adults experience concerns about falling and restrict their activity as a result. Our free 8 session program, *A Matter of Balance*, is designed to manage the risk of falls and increase activity.

**Mondays & Wednesdays
October 9 -
November 1, 2023**

10 a.m. - Noon

**Beaverton Activity Center
106 Tonkin Street
Beaverton, Michigan 48612**

You will Learn

- How to view falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercises to increase strength and balance

Who Should Attend

- Anyone concerned about falling
- Anyone who has fallen in the past
- Anyone who has restricted activity because of falling concerns