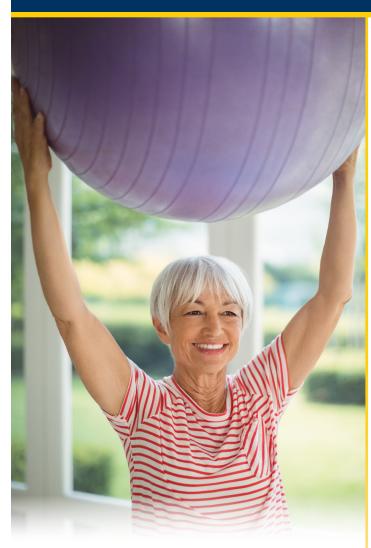
A Matter of Balance

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

