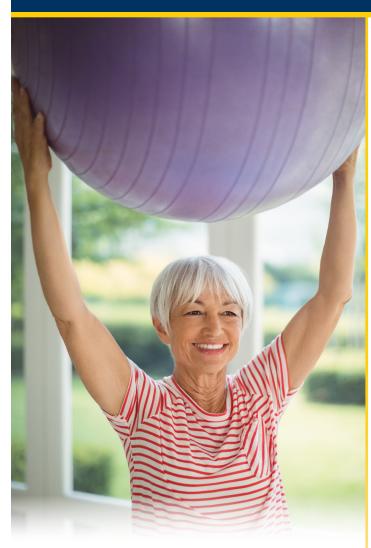
### A Matter of Balance

# Learn to Improve Your Balance And Prevent Falls



### Registration

This program is free, but registration is limited to 15 participants and required by Friday, April 25, 2025.

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.

# **Tuesdays & Thursdays May 6 - 29, 2025**

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

