



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Do you have **concerns** **about falling?**

Attend a workshop for help!

Many older adults experience concerns about falling and may restrict their activities because of these fears. **MATTER OF BALANCE** is an 8-session workshop designed to improve balance, flexibility, and strength, helping people reduce fall risks, strengthen their confidence, and become more active.

In an educational support-group style, **MATTER OF BALANCE** helps people to:

- *View falls and fear of falling as controllable*
- *Set goals for increasing activity*
- *Make changes to reduce fall risks*

Participants also learn and practice exercises to help with balance



UPCOMING WORKSHOPS

Meridian Senior Center
4000 Okemos Rd. – Okemos
Mon. and Wed., March 2 – March 25, 2026
1:00 – 3:00 pm



Delta 39'ers Enrichment Center
4538 Elizabeth Rd. – Lansing
Tues. and Thurs., April 14 – May 12, 2026
9:30 – 11:30 am (skip May 5)



Mason First United Methodist Church
201 E. Ash St. – Mason
Wed., April 1 – May 20, 2026
1:00 – 3:00 pm



Workshop is free of charge, but donations accepted.

To register, call Tri-County Office on Aging at 517-887-1465 or email histedc@tcoa.org

For a full workshop schedule visit: <https://www.tcoa.org/classesevidence-based-programs/>



Workshops made available in whole or part with funding from the Federal Older Americans Act and MDHHS/Bureau of Aging, Community Living, and Supports through the TCOA. This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. More information can be obtained from Maine Health.