



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

DeWitt District Library
13101 Schavey Rd. – DeWitt
Tues. and Thurs., May 12 – June 4, 2026
10:00 am – 12 noon



St. Thomas Aquanis Church
955 Alton Rd. – East Lansing
Wednesdays, June 3 – July 22, 2026
10:00 am – 12 noon

Mason First United Methodist Church
201 E. Ash St. – Mason
Tuesdays, June 9 – July 28, 2026
9:30 – 11:30 am



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/classes/evidence-based-programs/>



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