



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 WORKSHOP

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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