



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

An Interactive workshop where people who have concerns about falling learn to view falls and fear of falling as controllable. They set goals for increasing their activity levels and make changes to reduce their risk of falls. Participants learn and practice exercises to help with their balance. Sessions meet twice a week for 2 hours each via Zoom. Participants will need a webcam and a microphone to participate.

Tuesday and Thursday Afternoons

November 24 – December 22, 2026 12:30-2:30pm

To register, call (517) 592-1974 or email livingwellprograms@wellwiseservices.org