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

Presbyterian Church of Okemos
2258 Bennett Rd. – Okemos
Tuesdays, January 5 – February 23, 2027
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

PRESBYTERIAN CHURCH OF OKEMOS

Tri-County Office on Aging

MICHIGAN STATE UNIVERSITY Extension

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

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