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Do You Have CONCERNS ABOUT FALLING?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

2020 WORKSHOPS Mondays & Thursdays

January 6th ~ January 30th
1:00 to 3:00pm • UC Gaylord • Room 105

March 30th ~ April 23rd
9:30 to 11:30am • UC Gaylord • Room 105

August 31st ~ September 28th
No class Monday, September 7th due to holiday
9:30 to 11:30am • UC Gaylord • Room 105

Agency Funded ~ FREE to Participants
For more information or to sign up,
please call OCCOA at [989.732.1122](tel:989.732.1122)

For more information on Special Events and Activities, check out our website at
www.OtsegoCountyCOA.org

A Matter of Balance: Managing Concerns About Falls

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Inquiries regarding the original program may be directed to Boston University, Health & Disability Research Institute, 53 Bay State Road, Boston, Massachusetts, 02215. A Matter of Balance was created with support from the National Institute on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

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