



120 Grandview Blvd. ✧ Gaylord, Michigan 49735 ✧ Fax: 989.731.2739 ✧ [occoa@occoaonline.org](mailto:occoa@occoaonline.org)  
989.732.1122 ✧ [www.OtsegoCountyCOA.org](http://www.OtsegoCountyCOA.org)

# 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

Every Tuesday

9:00am to 11:00am

UC Gaylord

80 Livingston Blvd, Gaylord

October 5th thru  
November 23rd, 2021

Agency Funded ~ FREE to Participants For more information or to sign up, please call OCCOA at **989.748.4068**

For more information on healthy aging programs, check out our website at  
[www.OtsegoCountyCOA.org](http://www.OtsegoCountyCOA.org)

### A Matter of Balance: Managing Concerns About Falls

*This program is based on "Fear of Falling: A Matter of Balance". Copyright © 1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.*

*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).*

*© All Rights reserved, MaineHealth's Partnership for Healthy Aging.*