

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

Location: St. Philomena's Catholic Church
1301 N. Market St.
Monticello, IL 61856

Dates: September 23rd-October 21st 2019
NO CLASS on Monday, October 14th
(Columbus Day)
Mondays & Wednesdays

Time Change: 1:00pm to 3:00pm

Light snacks and refreshments are provided

A \$20.00 donation is requested

To register please contact:

Kim Freund
217.428.3458 ext. 238
freund_dec@cc.dio.org

Class number is limited, so call today!

This program is made available with the generous funding of
Catholic Charities ~