

# Are YOU Concerned About Falling?



Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an evidence-based, award-winning program designed to manage falls and increase activity levels.

## INDIVIDUALS WILL LEARN TO:

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

## THIS PROGRAM INCLUDES:

- **8 sessions taught by certified instructors**
- **Participant workbook**
- **Opportunity to get your questions answered by a medical professional**
- **Snacks & refreshments**

The Heritage Agency™

## WHO SHOULD ATTEND?

- Those who are concerned about falls
- Individuals interested in improving balance, flexibility & strength
- Anyone who has restricted activities due to the fear of falling

AbbeHealth

An Affiliate of  UnityPoint Health

When: Thursdays starting February 7 – March 28

Where: Blairs Ferry Senior Apartments, 830 Blairs Ferry Rd, Marion, IA 52302

Time: 1 – 3 pm

Cost: \$ 20.00

Scholarships are available for those who are interested

Registration: Contact Jo Ellen at Aging Services - 319.398.3644 or email: [jhaddad@abbehealth.org](mailto:jhaddad@abbehealth.org) or  
Contact Kathleen at The Heritage Agency - 319.398.7694 or email: [Kathleen.collier@kirkwood.edu](mailto:Kathleen.collier@kirkwood.edu)