

# LEARN HOW TO IMPROVE STRENGTH, COORDINATION AND BALANCE!



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Join us for an eight-session series to learn strategies to improve strength, coordination and balance with gentle exercise and lower your risk for falls.

### Who should attend?

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

**Monday, April 30 – June 25, 2018**

**\*\*No Class May 28\*\***

**10:00 a.m. – 12:00 noon**

**Our Lady of Victory**

**133 Orchard Dr.**

**Father Ernie Room**

**Northville, MI 48167**

***Program is FREE!***

**You MUST CALL to register at: 1-866-501-3627 (press option 3)**

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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**A Matter of Balance Lay Leader Model**

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.*

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

[stjohnprovidence.org](http://stjohnprovidence.org)

St. John Providence is part of Ascension. Together, we are dedicated to providing compassionate, personalized care in our community.

