

# DO YOU OR SOMEONE YOU KNOW HAVE **concerns about falling?**



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**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

**Family Service  
405 S. State Street  
Champaign, IL  
Tuesdays & Thursdays  
11:30 a.m. – 1:30 p.m.**

**For 4 weeks  
August 20<sup>th</sup> – September 12<sup>th</sup>**

**FREE FOR  
CHAMPAIGN COUNTY RESIDENTS**

**For more information or to register for the class, please call Rosanna at 352-5100**

Presented by:



**This is a tested program that has been proven to work!**