

DO YOU HAVE concerns about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many 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 who can walk independently (may use cane)
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen or is at risk for falls
- anyone who is restricting activities because of falling concerns

COME JOIN US!

Class each Thursday for 8 weeks

1:00 pm - 3:00 pm each day

First class: **Thursday, October 2**

Final class **Thursday, November 20**

(except for week 6 and class will be on 11/5)

classes are free!

Anderson County Annex

411 S. Oak, Garnett, KS 66032

**REGISTER - preferably by
September 25**

by calling 785-204-8054

**Sponsored by Frontier Extension District and
Anderson County Hospital
Senior Life Solutions**

**Anderson County Hospital
Senior Life Solutions**

saintlukeskc.org/senior

K-STATE
Research and Extension

Frontier District

**Kansas State University Agricultural Experiment Station
and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer.