

A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This award winning program can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.



Friday sessions

May 20—June 24

10:00 am—12:00 pm

Purdue Extension Tippecanoe County



3150 Sagamore Parkway South, Lafayette, IN 47905

Registration: 765-474-0793 or murrayk@purdue.edu

Please register by Tuesday, May 17 before 4:30 pm

Led by: Kathy Murray, HHS Educator Purdue Extension

Sande Martin, RN & Volunteer Lay Leader

Cost: \$5.00/session or \$20.00 at first session for all 6 sessions

Attending all session is suggested.

Learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change environment to reduce fall risk factors
- Promote exercise to increase strength and balance

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