

# JOIN US FOR



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT 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

## LOCATION:

Area Agency on Aging of  
Western Michigan  
3215 Eaglecrest Drive,  
Grand Rapids, MI 49525

## TUES & THURS:

1:00 pm - 3:00 pm  
October 1 - October 24, 2024

## WORKSHOP FEE:

SilverSneakers eligible!

# REGISTRATION REQUIRED!

For more information, call Engaging Wellness  
at (616) 588-2580 or email: [HealthyAging@aaawm.org](mailto:HealthyAging@aaawm.org)

A program of the Area Agency on Aging of Western Michigan