



# A Matter of Balance

## Managing Concerns About Falls

A Matter of Balance is a **FREE**, award-winning program designed to manage falls, fear of falling, and increase activity levels

### What 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, & strength
- Anyone who has experienced a fall

Please join us for this free workshop!

**Essentia Health Superior Clinic**  
**3500 Tower Avenue**  
**Community Room**

**Starting Thursdays April 11, 2019**  
**1:30pm – 3:30pm**

**The class meets once a week for 8 weeks.**  
**Bring a friend!**

**To register or for more information**  
**contact Luann at Senior Connections,**  
**715-394-3611**



Class sponsored by Senior Connections and the Aging and Disability Resource Center of Douglas County. Class hosted by Essentia Health Superior.



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