

A MATTER OF BALANCE

Sponsored by *Lakeside Comprehensive Rehabilitation*



Thanks to a gracious grant received from the Senior Resources, we will again be hosting a fall prevention course.

Safe exercises and discussion on programs of various topics in a group setting will be taught.

COURSE DATES:

- June 6th
- June 7th
- June 13th
- June 14th
- June 20th
- June 21st
- June 27th
- June 28th

DO YOU HAVE CONCERNS ABOUT FALLING?

Many older adults experience concerns about falling and restrict their activities because of this. A Matter of Balance is an award-winning program that is designed to manage falls and increase activity levels.

This program emphasizes on practical strategies to manage falls.

WHAT YOU WILL LEARN:

- How to view falls as controllable
- Setting goals for increasing activities
- Making changes to reduce fall risks at home
- Exercises 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

COURSE DETAILS:

- Course time will be from 4:00pm to 6:00pm
- The course location will be at the *Oceana County Council on Aging, 621 Main St, Hart, MI 49420*
- You can sign up at *Lakeside Rehab Family Fitness Center*
 - 39 S State St, Hart, MI 49420
 - Or at *Lakeside Comprehensive Rehabilitation, Inc.*
 - 601 E Main St, Hart, MI 49420
- Course Cost – **FREE**

You can call us at **873.3577** if you have any questions about this program.



231-873-3577

www.lakesiderehab.com