

# 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: 2018**

- Sept 4- Sept 28  
Monday and  
Wednesday's

## **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.

[www.lakesiderehab.com](http://www.lakesiderehab.com)



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