

Do you find yourself not going out as much because you worry about falling?

A Matter of Balance has proven to be effective in the management of falls.

Join us for the award-winning program



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Mondays and Wednesdays

May 20 & 22

May 29 (May 27 is Memorial Day. No class.)

June 3 & 5; 10 & 12; Mon. June 17

1:00pm to 3:00pm

**The Senior Hub-Meals on Wheels
1515 Cedar Hill Road • Lancaster**

The Senior Hub and The OSU Extension Office have partnered to offer this FREE 4-week series (classes meet twice per week) to those 60 and older.

A Matter of Balance will help you:

- Engage in a range of motion exercises that increase strength and balance.
 - View falls and fear of falling as controllable.
 - Overcome the fear of falling.
 - Recognize fall risk factors.
 - Set realistic goals for increasing activity.
 - Exercises are low impact, seated, and participants can use a chair to help with balance.
- Exercises are approximately 30 minutes of the 2-hour program.

Everyone completing the program will receive a Certificate of Completion.

Registration is required to attend.

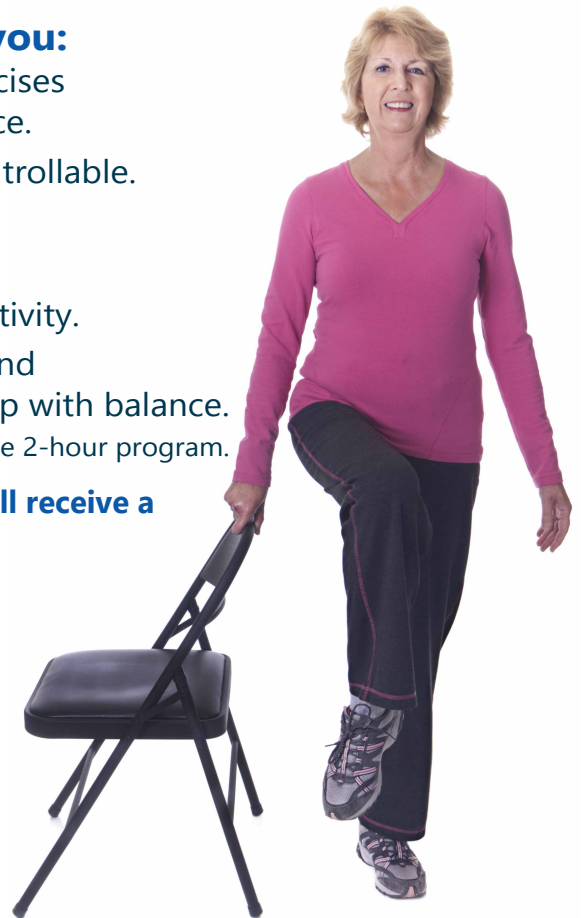
**Call Linda at The Senior Hub
740-681-5050, ext. 119.**

Registration Deadline: Monday, May 13

Attendance is requested at all sessions.

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006 - This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model - Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

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