

# “A Matter of Balance”

An educational program with behavioral change focus

Developed by  
MaineHealth's  
Partnership for  
Healthy Aging,  
used and adapted  
w/ permission by  
Boston  
University.

Participants work  
in group settings  
to brainstorm  
about fall  
prevention.

Group exercises  
are conducted to  
improve  
participants  
strength,  
flexibility and  
endurance.

**A Matter of Balance is an evidence based  
program for seniors who want to learn more  
about fall prevention.**

*8 consecutive 2 hour sessions*



**Session 1: Introduction to the Program**

**Session 2: Exploring Thoughts and Concerns About Falling**

**Session 3: Exercise and Fall Prevention**

**Session 4: Assertiveness and Fall Prevention**

**Session 5: Managing Concerns About Falling**

**Session 6: Recognizing Fall-ty Habits**

**Session 7: Recognizing Fall Hazards in the Home and Community**

**Session 8: Practicing No Fall-ty Habits Putting It All Together**

**Sessions:**

**Fridays**

**10:00 AM to 12:00 PM**

**7/25, 8/01, 8/15, 8/22, 8/29, 9/05, 9/ 12 & 9/19**

**Suggested cost Share \$10**

**Grace Episcopal Church**

**115 S. Main Street**

**Mt. Clemens, MI 48043**

**(586) 465-4573**



## **Summer 2014 Registration**

**Please complete the following registration**

**Form by and include a check for \$10.00**

**When mailing to:**

**Attention: Senior programming**

**Grace Episcopal Church**

**115 S. Main Street**

**Mt. Clemens, MI 48043**

**Name:**

**Address:**

**Phone:**