



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Developed by Boston University as a way to help people prevent falls.

Sessions include:

- Facts about falls
- Evaluating concerns about falling
- Exercising & fall prevention
- Improving balance
- Recognizing fall hazards

The program offers fall prevention strategies and suggests changes in daily life that can help reduce the fear of falling. It is beneficial for people who have fallen, have a fear of falling, and those who want to learn to manage fall concerns.

La Porte Activity Center for Older Adults
901 Lincolnway | La Porte, IN 46350

Wednesdays, 10am—12pm
April 24—June 12, 2024

Contact Cindy Polito to Sign-up.

****Class registrants must attend one of the first three classes to remain enrolled****

REAL Services, Inc., believing in the dignity of all people, will provide services without regard to race, age, color, religion, sex, gender identity, disability, national origin, ancestry, political affiliation or belief, familial status or status as a veteran.

There is no cost for this program.

HEALTH EDUCATION



Happy April Birthday

4/1 Amy Grey

4/2 Debbie Nixon

4/3 Nancy Meehan

4/10 Patricia Jackson

4/15 Thomas Gourley

4/17 LaVerle Bohnstadt

4/20 Joan Chadderdon

4/20 Robert Wooden

4/25 Laura Panayi

