



A MATTER OF BALANCE

Almost half of older adults worry about falling. Learn factors that can lead to a fall and practical tips to keep yourself on your feet in this discussion-based program.

A Matter of Balance is an evidence-based program that addresses the fear of falling, which is a risk factor for falls. Participants increase activity levels through a short exercise component, discuss risk factors and learn strategies to keep them on their feet. Improved flexibility and range of motion with stretches and light movements introduced in the third class.

This eight-session workshop all participants will receive a free informational workbook. Light refreshments will be provided. The goals of this program include:

- + Taking steps to reduce your fear of falling
- + Discussing fall-reduction strategies
- + Increasing your strength and balance
- + Setting goals and tracking your progress
- + Developing new friendships and communication skills



“Every time I lead one of these programs, I learn and grow as well. We all learn from each other.”

— Gloria Bennifield, Facilitator

“I want to be active and do as much as I can. I try to do something every day.”

— Arlene Peterson, Participant

Chester Senior Center

is offering

A Matter of Balance

**Tuesdays, Apr 9-May 28
from 1:30-3:30 pm**

This **FREE** class meets 8 sessions.

Address:

**805 State Street
Chester, IL 62233**

Participants **MUST** register to attend!

**To register, please call the Chester Senior
Center at 618-826-5108**

