

A Matter of Balance: Managing Concerns About Falls

June 5 - July 24 - 2:30-4:30pm

**Held at the
IONIA SENIOR
CENTER**



Chances are you know someone who has fallen or who is afraid of falling. This class is designed to help people manage concerns about falls and increase physical activity.

**"A Matter of Balance:
Managing Concerns About Falls"**

is conducted in 8 two-hour sessions and uses group discussion, problem-solving strategies, videos, and gentle physical exercise.

Older adults learn positive coping methods to reduce fear of falling and remain active and independent.

**Sign up NOW to hold your place
in this class: Call (616) 527-5365
or (888) 527-5365**

**Held at ICCOA
SENIOR CENTER:
115 Hudson St.
IONIA MI 48846.**