



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 & 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. Snacks provided.

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

Ionia Class: JUNE 5 – JULY 24
MONDAYS 2:30pm - 4:30pm
ICCOA SENIOR CENTER
115 Hudson St., Ionia MI 48846

Portland Class: JULY 13 – AUGUST 31
THURSDAYS 10:30am - 12:30pm
PORTLAND DISTRICT LIBRARY
334 Kent St., Portland MI 48875

Saranac Class: JULY 31 – SEPT. 25
MONDAYS 1:00pm - 3:00 pm
SARANAC HOUSING COMMISSION
203 Parsonage St., Saranac MI 48881



CALL TO SIGN UP NOW:
(616) 527-5365 or (888) 527-5365.