



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Coming to SARANAC !
Mondays 12:30-2:30pm
March 2nd—April 20th
Saranac Housing, 320 Summit St.

Call (616) 527-5365 or (888) 527-5365 to Sign up NOW!

**EIGHT two-hour sessions include instruction,
group discussion, more.**

LEARN HOW TO:

- *View falls as controllable.*
- *Learn how to get up from the floor after a fall.*
 - *Make changes to reduce fall risks at home.*
 - *Set goals for increasing activity.*

Each class includes a delicious snack!