



A Matter of Balance

Managing Concerns About Falls

A Matter of Balance is a **FREE**, award-winning program designed to manage falls, fear of falling, and increase activity levels

What you will learn:

- To view falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

Who should attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility, & strength
- Anyone who has experienced a fall

Please join us for this free workshop!

Essentia Health Superior Clinic
3500 Tower Avenue
Community Room

Starting Thursdays April 11, 2019
1:30pm – 3:30pm

The class meets once a week for 8 weeks.
Bring a friend!

To register or for more information
contact Luann at Senior Connections,
715-394-3611



Class sponsored by Senior Connections and the Aging and Disability Resource Center of Douglas County. Class hosted by Essentia Health Superior.



1805 N 16th St
Superior, WI 54880

(715) 394-3611

www.seniorconnectionswi.org