

# DO YOU HAVE **Concerns** **About Falling?**

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**Starting September 7, 2021**

**Tuesdays & Thursdays for 4 weeks**

**2:00-4:00 PM**

**Pulaski Heights United Methodist Church  
4823 Woodlawn Drive  
Little Rock, AR 72205**

**This program emphasizes practical strategies to manage falls.**

### **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 and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

### **To enroll Contact**

**Bev Villines**  
at [bvillines@phumc.com](mailto:bvillines@phumc.com) or 501-978-0510

Class size is limited to 15 participants.

Enroll early!



**PULASKI  
HEIGHTS**  
United Methodist Church

**UAMS**

Donald W. Reynolds  
Institute on Aging

Arkansas Geriatric  
Education Collaborative

**A Matter of Balance: Managing Concerns About Falls  
Volunteer Lay Leader Model ©2006**

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