

# DO YOU HAVE **concerns** about falling?



## A MATTER OF BALANCE

MANAGING CONCERNs ABOUT FALLS

**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.**

**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

This 8-session class is held twice a week for 4 weeks. Each class lasts about 2 hours.

**Tuesdays and Fridays  
September 1 - 25, 2026  
9:30 – 11:30 a.m.**

### **Shelbyville/Bedford County Senior Center**

(111 J.G. Helton Drive, Shelbyville, TN 37160)

The program is free and limited to 15 participants. You must pre-register by calling the number below.

**For more information or to register:**

**Bedford County Extension  
931-684-5971**