

# DO YOU HAVE CONCERNS ABOUT FALLING?



A MATTER OF  
**BALANCE**  
MANAGING CONCERNS ABOUT FALLS



**Clarke County  
Hospital**

Many older adults experience concerns about falling and restrict their activities.

**A MATTER OF BALANCE** is an award-winning program designed to reduce the fear of falling 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

To register, please contact Sydney Christian at 641-342-5090 or by email at [schristian@clarkehosp.org](mailto:schristian@clarkehosp.org)

**Every Monday from October 7 - November 25  
9:00 AM – 11:00 AM**

**FREE**

Board Conference Room  
Clarke County Hospital  
805 S. Fillmore St.  
Osceola, IA 50213

Parking available north of Admin/HR Building