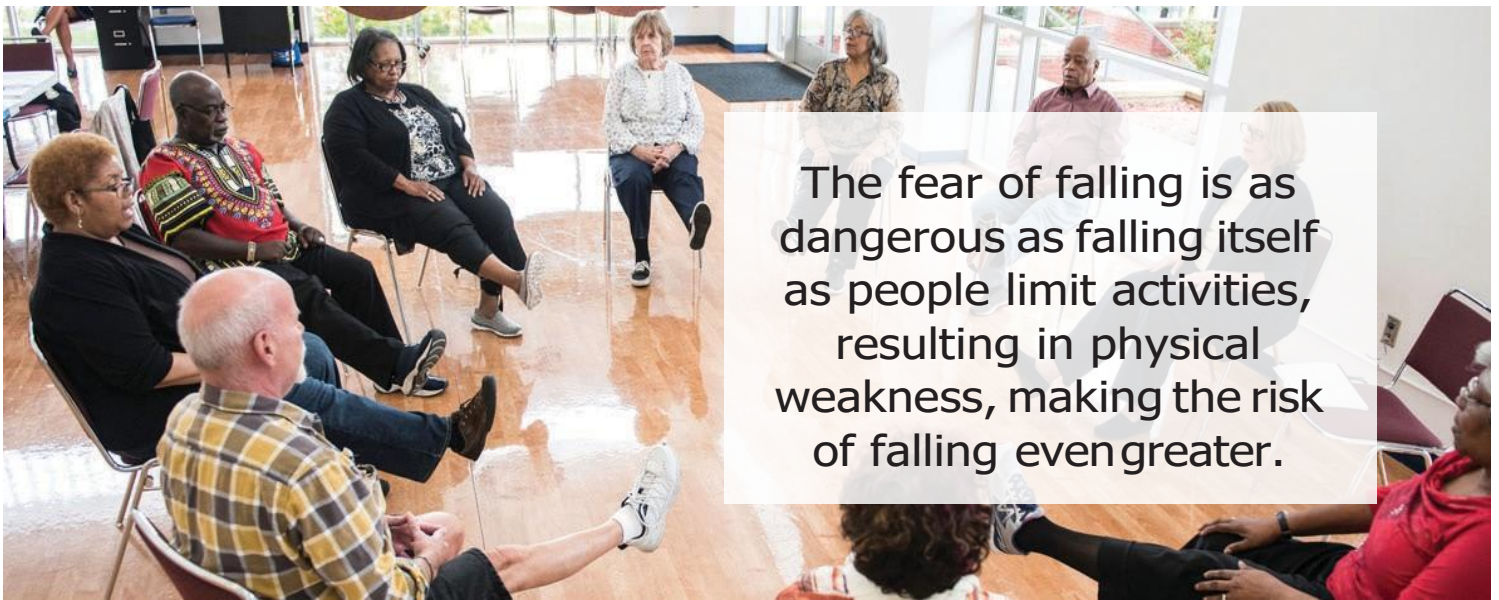


A Matter of Balance



The fear of falling is as dangerous as falling itself as people limit activities, resulting in physical weakness, making the risk of falling even greater.

A Matter of Balance helps you build practical strategies to reduce fear of falling and increase activity levels.

You'll learn to view falls and fear of falling as controllable, set realistic goals to increase activity and change your environment to reduce fall risk factors.

For information or to register, contact:

Joyce Wiekeraad – A.C.E. of SW Minnesota
(507)836-8705

ace.murray@co.murray.mn.us



Your local **VOICE** for Aging & Volunteer Services

This program is sponsored, in part, under the Federal Older Americans Act through a contract from Minnesota River Area Agency on Aging under an Area Plan approved by the MN Board on Aging.

**8 total classes held on
Monday's & Thursday's**

September 20, 23, 27, 30

October 4, 7, 11, 14

9:00am – 11:00am

Chandler Community Center

330 Carlton Ave., Chandler MN

There is no cost to attend these classes, however, donations are welcomed.

Other registration options:

Call 1-855-215-2174 and ask to register for class #2583

Register online at:

<https://yourjuniper.org/Classes/Register/2583>