



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance (MOB) is an 8-week workshop for people who are concerned about falling.

This workshop can help you:

- Learn to prevent falls
- Learn to manage falls
- Make safe changes at home
- Improve balance and flexibility

MOB Includes:

- Participant Workbook
- Exercise routine starting at third class
- Guest Health Care Speaker
- Certificate after completion

Do you need special help in order to participate? If so, please contact at least 10 days in advance at mobprogram@nkfm.org or call 800-482-1455 ext. 2140

**This workshop is provided at
no cost to you.**

Area Agency on Aging 1-B



National Kidney Foundation of Michigan in Partnership with Hartland Senior Activity Center

**To register, contact
Laura Chapman or
LaShawn Griffin:**

(800) 482-1455 ext. 2140
mobprogram@nkfm.org

**Hartland Senior Activity Center
9525 Highland Rd
Howell, MI 48843**

**Tuesdays and Thursdays,
1:30pm-3:30pm**

**Sessions 1-8:
April 28 & 30
May 5, 7, 12, 14, 19, 21**

Snacks Provided!



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

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