



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.

To find the latest class schedule, contact

Naomy Diake:

(313) 259-1574 ext. 2029

LaShawn Griffin:

(800) 482-1455 ext. 2140

mobprogram@nkfm.org

or visit

www.nkfm.org

This workshop is provided at no cost to you!

Area Agency on Aging 1-B



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

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