



Macomb  
Community  
Action

“Persistent action to diminish poverty and  
promote independence”

Class meets for  
eight (8) consecu-  
tive two hour ses-  
sions

Participants work  
in group settings  
to learn and share  
from each other  
and the trained  
leaders.

Modified & easy  
to do exercises to  
improve your  
strength and  
flexibility.

Limited to 16  
Participants.

Refreshments  
provided at each  
session

# “A Matter of Balance”

**A Matter of Balance is an evidence based  
program for seniors who want to learn more  
about preventing falls.**

Session 1: Introduction to the Program

Session 2: Exploring Thoughts and Concerns About Falling

Session 3: Exercise and Fall Prevention

Session 4: Assertiveness and Fall Prevention

Session 5: Managing Concerns About Falling

Session 6: Recognizing Fall-ty Habits

Session 7: Recognizing Fall Hazards in the Home & Community

Session 8: Practicing No Fall-ty Habits Putting It All Together

Sessions:

Wednesday

1:30 to 3:30 PM

8/2, 8/9, 8/16, 8/23, 8/30, 9/6, 9/13, 9/20

Mount Clemens Library

150 Cass Ave

Mt. Clemens, MI 48043

(586) 469-6200



## 2017 Registration

Please complete the registration and return to:

Attention: Ashley Brewer  
Macomb Community Action  
21885 Dunham Rd Suite 6  
Clinton Twp., MI 48036

Or call 586-469-5228

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_