

Matter of Balance

A Matter of Balance is a program designed to increase activity levels and improve your balance, flexibility and strength. It includes 8 two-hour weekly sessions for a small group of 8-12 participants, led by a trained facilitator.

Who Should Attend?

- Anyone interested in improving balance, flexibility and strength.
- Anyone who is restricting activities because of falling concerns.
- Anyone who has fallen or is at risk for falls.
- Anyone who can walk independently (may use cane).

You will learn to:

- Exercise to increase strength and balance.
- Set goals for increasing activity.
- Make changes to reduce fall risks at home.
- View falls as controllable.

K-STATE | Marais des Cygne District
Research and Extension



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Miami County
MEDICAL CENTER

K-State Research & Extension is an equal opportunity employer & provider.



Classes will be held each Wednesday:

March 20, 2024
thru May 8, 2024
9:30 - 11:30 am

Mound City
Christian Church

418 Spruce Street,
Mound City, KS

To register call:

913-795-2829

Space is limited.

Pre-registration is required.

This class is provided through a grant from the East Central Kansas Area Agency on Aging.