

A MATTER OF BALANCE



Learn How to Gain Strength and Improve Safety

Classes are designed to teach attendees about the importance of balance, and how to improve safety by preventing falls.

Participants will learn to:

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

CLASSES ARE FREE OF CHARGE

For questions or to register, call **(517) 592-1974**.

2018 CLASS DATE OPTIONS

January 15 - February 7
Monday & Wednesday 1 - 3 PM

March 5 - 28
Monday & Wednesday 1:30 - 3:30 PM

May 22 - June 14
Tuesday & Thursday 1:30 - 3:30 PM

CLASS LOCATION

**HENRY FORD ALLEGIANCE
ORTHOPEDIC & NEUROSCIENCE CENTER**
Community Room, 2nd floor
1201 E. Michigan Avenue, Jackson

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**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS



**HENRY FORD
ALLEGIANCE HEALTH**