



A Matter of Balance

fall prevention program



In this Matter of Balance workshop, you can **reduce your fear of falls** and learn techniques for **increasing your activity**.

With a group of peers, in 8 sessions, you'll learn:

- To view falls and fear of falling as controllable
- To set realistic goals for increasing activity
- Ways to change your environment to reduce fall risks
- Exercises to increase strength, balance, and flexibility

Mondays

1:30 – 3:30 PM

September 12 – October 31

Location

Redeemer Lutheran Church - Atrium
3770 Bellaire Ave, White Bear Lake

Workshop Leader:

Lynn Amon, MSW, LSW, 2nd Half with
Lyngblomsten
Becky Hulden, RN, FCN

Free: Donations are appreciated

Register online at:

www.yourjuniper.org/Classes/Register/3393

Or by phone:

1-855-215-2174