



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
- Seated 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 lgriffin@nkfm.org or call 800-482-1455.

**This virtual workshop is provided at
no cost to you!**

To register, contact LaShawn Griffin:
(800) 482-1455 lgriffin@nkfm.org



Where: Zoom Video Classes
(requires a computer or device with internet access and camera).
Registered participants will receive the Zoom meeting link via email.

WORKSHOP #1:

Wednesdays, 10:00am-12:00pm

**Info Session: January 5, 2022,
10:00am -11:00am**

**Sessions 1-8:
January 12, 19, 26
February 2, 9, 16, 23
March 2**

WORKSHOP #2:

Thursdays, 1:00pm-3:00pm

**Info Session:
January 6, 2022, 1:00pm -2:00pm**

**Sessions 1-8:
January 13, 20, 27
February 3, 10, 17, 24
March 3**

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

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