



# 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

**To register, contact Naomi or Carriece:**

(800) 482-1455 ext. 2029 or 2009

[mobprogram@nkfm.org](mailto:mobprogram@nkfm.org)

Do you need special help in order to participate?  
If so, please contact us at least 10 days in advance

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

Area Agency on Aging 1-B



## National Kidney Foundation of Michigan Virtual Workshops:

### Class 1

**Where:** Zoom Video Class

**Info Session:**

Thursday, April 3<sup>rd</sup> 6-7pm

**When:** Thursdays, 6-8pm

**Sessions 1-8:**

April 10, 17, 24

May 1, 8, 15, 22, 29

### Class 2

**Where:** Zoom Video Class

**Info Session:**

Wednesday, April 30<sup>th</sup> 11am-12pm

**When:** Wednesdays, 11am-1pm

**Sessions 1-8:**

May 7, 14, 21, 28

June 4, 11, 18, 25

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

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

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