



Update: March 11, 2011

A Matter of Balance

Many older adults are concerned about falling. Their fear of falls can cause them to restrict their daily activities. A Matter of Balance is an evidence-based health promotion program that aims to teach older adults how to prevent and manage falls and increase activity levels.

Throughout the workshop participants will learn to:

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

The workshop will benefit anyone who is concerned about falling or has fallen in the past, or anyone interested in improving balance, flexibility, and strength.

**The Consortium at Carondelet Village is pleased to offer
A Matter of Balance**

Where: Carondelet Center
1890 Randolph Avenue
Saint Paul, MN 55105

When: 10 a.m. - 12 p.m.
Wednesdays, March 16-May 4, 2011

Suggested Donation: \$25.00

To register: Call The Consortium at 651-698-1310

The Consortium at Carondelet Village is a collaborative group of health and wellness providers supporting older adults to live vibrant and independent lives in their homes. Serving the St. Paul Neighborhoods of Highland Park, MacGroveland, West 7th, Summit Hill, Summit University and Union Park.

Call us to learn more about what we can do! 651-698-1310