

A Matter of Balance

a falls prevention program

April 7 – April 30, 2025

This program is for you if you are:

- Concerned about falls
- Have had a fall in the past
- Restrict activities because of concerns of falling
- Want to improve balance, flexibility, and strength

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



Mon / Wed

1:00 PM – 3:00 PM

April 7, 9, 14, 16, 21, 23, 28 & 30

Location

Lyngblomsten at Lino Lakes
6070 Blanchard Blvd
Lino Lakes, MN 55014

Workshop Leaders

Lynn Amon, MSW, LSW

Registration Information:

Register online: <https://yourjuniper.org/Classes/Register/4712>

Or use the QR code to the right.

Or contact Cyndy: 651-632-5330;
communityservices@lyngblomsten.org

***Registration Deadline: April 1, 2025**



Cost

Contributions to a Cost-Share Program appreciated.



Juniper is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.



Our evidence-based programs are partially funded by our Collaborative Partners and Juniper. This program is also funded under contract with Trellis as part of the Older Americans Act.

