

# A MATTER OF



# BALANCE

## MANAGING CONCERNS ABOUT FALLS

**8 sessions at Madelia Community Hospital & Clinic  
Tuesdays from April 26<sup>th</sup> to June 14<sup>th</sup>, 9 - 11 a.m.  
Amberfield Dining Hall**

### *Practical Strategies to Manage Falls*

#### **You 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

#### **You should attend if you are:**

Concerned about falls

Interested in improving balance, flexibility and strength

Restricting your activities because of having fallen

**Call 507.642.5211 to register for this FREE workshop.**

Sponsors: Madelia Community Hospital Foundation and Minnesota Department of Health

*Call Today!*



**Care from the *People You Know!***

*Madelia*  
**Community**

Hospital & Clinic

121 Drew Ave. SE, Madelia, MN 56062

Clinic Appointments: 507.642.5200

[www.mchospital.org](http://www.mchospital.org)

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