



> A Matter of Balance

Michigan State University (MSU) Extension's strengths are our community-based approach to program delivery and our efforts to serve the needs of Michigan's citizens in urban, suburban and rural settings. We promote healthy lifestyles and equip Michigan residents to take control of their personal health through facilitation and education.

MSU Extension helps people apply research in order to make positive changes in their lives. We empower individuals with the knowledge they need to make healthy choices.

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Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults.

A Matter of Balance includes eight two-hour sessions for a small group led by a trained facilitator. This nationally recognized program was developed at the Roybal Center at Boston University.

During the class, participants learn to:

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

