



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**DATE**

Thursdays, April 5-May 24

**TIME**

9:00am-11:00am

**LOCATION**

Floyd County YMCA  
Multi-purpose room

**FEES**

\$10 per participant for the 8 week session.

**REGISTRATION DEADLINE**

March 30, 2018

\*It is important for all participants to attend all 8 classes during the session.

For more information contact:  
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**YMCA OF GREATER LOUISVILLE  
FLOYD COUNTY BRANCH**

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# IT'S A MATTER OF BALANCE

## ACTIVE OLDER ADULTS FLOYD COUNTY BRANCH

Matter of Balance is an evidence-based Falls Management Program for Older Adults.

The program will:

- Emphasize coping strategies to reduce falls and the fear of falling
- Set realistic goals for increasing activity
- Demonstrate how to change your environment to reduce fall risk factors
- Promote exercise to increase strength and balance

It is open to adults of all ages, but is especially appropriate for those over age 60 and/or have a fear or risk of falls. Participants should be able to walk, be concerned about falls, able to problem solve and interested in improving flexibility, balance and strength.

This program is offered in partnership with:



### Matter of Balance

**PARTICIPANT'S INFORMATION**

Name: \_\_\_\_\_  
 Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_ Sex:  Male  Female  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
 YMCA Member:  Yes  No

**EMERGENCY CONTACT INFORMATION**

Name: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Relationship to Participant: \_\_\_\_\_

**STAFF USE ONLY**

Member #: \_\_\_\_\_ Amount Paid: \_\_\_\_\_  
 Check  Cash  Charge  Coupon Staff Initials: \_\_\_\_\_