

# A Matter of Balance

a falls prevention program

**March 12 – 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

## Registration Information:

Register by March 5, 2025 at:

<https://yourjuniper.org/Classes/Register/4665>

Or by contacting Cyndy at: 651-632-5330 or [communityservices@lyngblomsten.org](mailto:communityservices@lyngblomsten.org)

## Wednesdays

**1:00 pm – 3:00 pm**

March 12, 19 & 26

April 2, 9, 16, 23 & 30

## Location

**Lyngblomsten**

**Community Room**

1415 Almond Avenue, St. Paul

## Workshop Leaders

**Juliann Swanson, BSN, RN, FCN**

**Becky Indahl, BSN, RN, FCN**

## Cost

Voluntary contributions accepted.



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



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