

MOB-V is a virtual translation of the A Matter of Balance program.

Class sessions are held online, making it possible to join from the comfort & safety of your own home!

This program emphasizes practical strategies to manage falls.



MANAGING CONCERNS ABOUT 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

WHO SHOULD ATTEND?

- Adults 60 years of age and older
- anyone interested in improving balance flexibility and strength.
- anyone who has fallen in the past or is concerned about falls.
- anyone who has restricted activities because of falling concerns.

Registration for this 9-session program is on-demand, with a class being held once minimum class size is reached. Please call 309-793-6800 to be added to the interest list!

These classes are FREE, and open to any adult, aged 60 and older!