

**Do you have concerns about falling?  
Would you like to learn more about  
how to reduce the fear of falling?**

# A Matter of Balance



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

You are eligible if you are:  
60 or older, A Lake County Resident, Ambulatory,  
Concerned about falling

Antioch Township

1625 Deep Lake Rd Lake Villa IL

**Fridays 10am - 12 pm**  
**For 8 weeks**

**Beginning April 27th**

To Attend: Register With Kari Pohar - 847-740-6708

Funded by:

**The CATHOLIC  
CHARITIES**

OF THE ARCHDIOCESE OF CHICAGO

Lake County Senior Services



Agency on  
**AGING**  
NORTHEASTERN ILLINOIS

**Funding does not cover all the costs of this program. Donations are appreciated, however no senior will be denied to register for an event due to the inability to make a donation.**