



# STAND STRONG

## Falls Prevention Program



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

An award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls.

**Location:** *Beaver Valley Lutheran Church; 26214 484th Ave., Valley Springs, SD 57068*

**Date:** *Tuesdays, March 3 - April 21, 2026*

**Time:** *1:00 pm - 3:00 pm, FREE and open to the public, workbook & exercises included*

**Registration is required, contact:** *Church Office at 605-582-3504*

### You will learn to:

- Set goals for increasing activity
- Reduce fall risks at home
- Exercise to increase strength and balance
- Safely get up if you fall

### Who should attend?

- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns



**SANFORD**  
HEALTH