

DO YOU HAVE concerns about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage 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.

**CLASSES ARE FREE
OF CHARGE!**

WHO SHOULD ATTEND?

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

We would like to bring **A Matter of Balance** to
Your Community!! Call us to learn more!

1-800-582-7277, extension 247 or 284



A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).