

# 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

### **WHO SHOULD ATTEND?**

- anyone 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

#### **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).



Making It Better, Together.

## **WINTER SESSION 2019**

February 4 – March 25

Monday Afternoons 3:30 – 5:30 PM

Location: The Cabin

600 W. Lippincott Ave Haddon Heights, NJ

**Program is FREE!**

**For more information please call 856-858-3220**

We ask that you please register for this Free Program

### **A MATTER OF BALANCE**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip : \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

*(Phone Number and Email address are only used in case of class changes or cancellations)*