

# 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

YOUR LOGO HERE

CLASS LOCATION  
DATE, TIME

Classes are held twice a week  
for 4 weeks for 2 hours each or  
once a week for 8 weeks for 2  
hours each.

Program fee is Optional

For more information please call

YOUR PHONE NUMBER HERE

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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A Matter of Balance Lay Leader Model

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