

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

**WHERE: Sacred Heart Church
998 Father Donlon Dr. NSB**

WHEN: Tuesdays & Thursdays

DATES: July 5, - July 28, 2016

TIME: 1:00 - 3:00 p.m.

The FREE classes meet twice a week for four weeks.

**CONTACT: Sacred Heart Church
Parish Office for questions or
additional information**

PHONE: (386) 428-6426

**PROGRAM DATES: 7/5, 7/7, 7/12,
7/14, 7/19, 7/21, 7/26, 7/28/16**



A Matter of Balance: Managing Concerns About Falls

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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).