

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

Robert A. Galdon Senior Citizen Building

**19 Mt. Hope Rd.
Rockaway, NJ 07866**

8 sessions

**2 hours each Friday from
1:00 – 3:00 pm**

**Dates: 4/26, 5/3, 5/10, 5/17, 5/24,
5/31, 6/7, and 6/14**

**Please register by calling
Kristine 973-537-7125**

This free program is brought to you by:



Public Health
Prevent. Promote. Protect.

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.

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