

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

Classes will be held at:

HIGHLAND PARK SENIOR CENTER

Once a week for 8 weeks; 2 hr class

EVERY TUESDAY

Beginning 11/19/2019

9:00a – 9:30a – Light snack & sign-in

9:30a - 11:30a – Class time

(MUST start on time)

Sponsored by:


BrightStar Care®
HOME CARE | MEDICAL STAFFING
A Higher Standard

*In partnership with the
Highland Park Senior Center
and Robert Wood Johnson
University Hospital*

Limited Space Must Sign Up!

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

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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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