

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



Illinois Valley

Economic Development Corporation

**Greene County Senior Citizens Center
320 North 5th Street
Carrollton, IL 62016**

Our Matter of Balance Workshop Classes will be held once a week for eight (8) weeks, on Wednesdays, beginning:

**Wednesday, February 28, 2018
through**

Wednesday, April 18, 2018

8:30 am – 10:30 am

There is no charge for registration/attendance.
Donations accepted.

For more information or to register please call:

618-498-3483

Space is limited, register today!!

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

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).