

# 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



**Location: Hope HealthPark  
9470 HealthPark Circle  
Fort Myers, FL 33908**

**Wednesdays  
1:00 pm to 3:00 pm  
August 29 through October 17, 2018**

**Classes are held once a week for  
8 weeks for 2 hours each**

**There is no cost to participants for this program.** Funding provided by a grant for Disease Prevention & Health Promotion under the 2018 Older Americans Act Title IIID through the Department of Elder Affairs.

**Pre-registration is required,  
Please call  
1-866-413-5337**

**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.*

*A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*