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FOR IMMEDIATE RELEASE

09/15/2021

Learn to Manage Your Concerns about Falls!

*Register to attend this nine-week evidence-based workshop
with the Area Agency on Aging for SWFL*

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. *A Matter of Balance* is a program designed to reduce the fear of falling and increase activity levels among older adults.

Starting in October the Area Agency on Aging for Southwest Florida (AAASWFL), will offer a free, virtual nine-week *A Matter of Balance (MOB)* workshop for residents of: Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota counties. This workshop begins October 14th and continues every Thursday from 2:00pm to 4:00pm via Zoom.

Adults over the age of 60 and adults with disabilities who: have concerns about falls, have sustained falls in the past, restrict activities due to concerns about falling, or are interested in improving flexibility, balance, and strength - are encouraged to participate. Developed at the Roybal Center at Boston University, the *A Matter of Balance* program is an evidence-based program proven to empower participants: to view falls as controllable, to set goals for increasing activity, to make changes to reduce fall risk at home, and to exercise to increase strength and balance.

Space is limited and advance registration is required. To register, contact Sarah Gualco, AAASWFL's Health & Wellness Coordinator at sarah.gualco@aaaswfl.org or by calling the Elder Helpline toll-free at 866-413-5337 (41-ELDER).

Funding for the *A Matter of Balance Program* is provided by the Florida Department of Elder Affairs.

The Area Agency on Aging for Southwest Florida is a nonprofit organization that has served Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota Counties for more than 40 years. The organization is committed to connecting older adults (ages 60 and over) and people with disabilities to resources and assistance for living safely with independence and dignity. AAASWFL is the state's designated Aging and Disability Resource Center for Southwest Florida.

More information is available by visiting the AAASWFL website (www.aaaswfl.org) or by calling the Elder Helpline: (866) 413-5337.

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Helpline: 1-866-413-5337

Charlotte | Collier | DeSoto | Glades | Hendry | Lee | Sarasota

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