

# DO YOU HAVE **concerns** about falling?



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS



Many older adults (60+) 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 are two hours each and will be held weekly for 8 weeks

### **Davie Pine Island Multi-Purpose FAC**



**Mondays**

**10:00 am- 12:00 pm**

**2/25/2019 – 4/15/2019**

**Address: 3801 S Pine Island Rd,  
Davie 33328**

**For more information,  
Or to register**

**Please Contact:  
954-327-3941**

**Classes are free for seniors 60+  
Refreshments served**

Maximum number of  
Participants is 12!

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.

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