



*A Matter of Balance* is an award-winning program designed to reduce fear of falling and increase activity levels among older adults who manifest this concern.

Studies indicate that up to half of community dwelling older adults experience fear of falling, and that many respond to this concern by curtailing activity. Being inactive results in loss of muscle strength and balance. It can also compromise social interaction and increase the risk for isolation, depression and anxiety. Fear of falling can actually contribute to falling.

*A Matter of Balance* acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern. Trained facilitators conduct eight two-hour sessions designed for groups of 10 to 12 participants. The program is free.

Participants demonstrated significant improvements after completing *A Matter of Balance* in their level of falls management, falls control, level of exercise and social limitations with regard to concern about falling.

During the class, participants 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

Want to be involved with the class in other ways? You can help lead *A Matter of Balance* as a coach! Coach teams consist of two people willing to lead a total of 16 hours of class.