

# 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

  
Generations  
Area 13 Agency On Aging & Disability

A member of the  INconnect Alliance.

**Coaches Training**  
**September 12, 2018**

**9am – 5pm**  
**Lunch Included**

**Location: VU Student Union-Room222**

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

***Program is free!!!!***

Limited seating\*RSVP

Alma Kramer

[akramer@vinu.edu](mailto:akramer@vinu.edu)

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.

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