

# 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

Presented by the  
**YMCA of the Pikes Peak Region**  
and  
**Florissant Public Library**

Funded by **Area Agency on Aging**

**Florissant Public Library**  
**334 Circle Dr.**  
**Florissant, CO 80816**

**Wednesdays, 1:30–3:30 pm**  
**Sept. 20th – Nov 8th, 2017**

To register or for more  
information  
contact **Rebecca Janecek**  
**#719-963-0988**

#### **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).