

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**

Funded by Area Agency on Aging

CLASS LOCATION

**Pikes Peak Regional Hospital
16420 West Hwy #24
Woodland Park, CO 80863**

**Wednesdays, 9:30 – 11:30 am
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*.
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