

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 60 years or older who:

- is concerned about falls
- is interested in improving balance, flexibility and strength
- has fallen in the past
- has restricted activities because of falling concerns
- is able to understand and remember instructions and participate in class discussions

***** UPCOMING CLASS *****

**First Lutheran Church
130 West Holland Street
San Marcos, Texas
512-392-2064**

**January 4th - February 1st
Monday and Wednesday afternoons
from
1:30 pm – 3:30 pm**

**A class consists of 8 sessions and
each session lasts 2 hours**

**Classes are FREE, but you must
be registered prior to the first
session.**

***Class size is limited to 12 people
so sign up early!***

512-392-2064

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.