

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



Jefferson Health®

Jefferson Lansdale Hospital
100 Medical Campus Drive
Lansdale, PA 19446

Classrooms E & F, Lower Level, by cafeteria

**DATES: Spring/Summer 2023,
Thursdays—
May 11, 18, 25
June 1, 8, 15, 22, 29**

9:30 AM - 11:30 AM

****First class starts at 9:00 AM****

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

Program is FREE!

**Class size is limited.
To register, please call:
215-361-4421 or 215-361-4411**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2019

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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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