

DO YOU HAVE **concerns** **about falling?**



Jefferson Lansdale Hospital
100 Medical Campus Drive
Lansdale, PA 19446

**Classrooms E & F, Lower Level, by
cafeteria**

**DATES: Spring 2023, Thursdays—
March 2, 9, 16, 23, 30
April 6, 13, 20**

TIME: 9:30 a.m. - 11:30 a.m.

***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

**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

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 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.

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).

