

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-VIRTUAL](#) is an evidence-based program that is offered online using Zoom. This is an award winning *nine-session program* designed to manage falls and increase activity levels.

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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

What do you need to participate?

- Computer/laptop/tablet that [has a camera/webcam](#)
- Internet access
- A chair not on wheels
- An area free of clutter
- Study shoes
- Good lighting

PROGRAM DATES:

(9 sessions):

Time: 11:30 am to 1:30 pm

- Wednesday, April 17, 2024
- Wednesday, April 24, 2024
- Wednesday, May 1, 2024
- Wednesday, May 8, 2024
- Wednesday, May 15, 2024
- Wednesday, May 22, 2024
- Wednesday, May 29, 2024
- Wednesday, June 5, 2024
- Wednesday, June 12, 2024

To register for this **FREE program**,
please visit:
mainlinehealth.org/Balance
or use the QR code from your mobile device.



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