

# DO YOU HAVE **Concerns** about falling?



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

AGENCY  
ON AGING  
AREA 4

**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

#### **WORKSHOP DATES:**

May 7 | May 14 | May 21 | May 28  
June 4 | June 18 | June 25 | July 22

**TIME: 10:00AM-12:00PM**



Scan the QR Code to register or visit:  
[tinyurl.com/NNCCMB25](http://tinyurl.com/NNCCMB25).

Classes are held in-person once a week for 8 weeks; each session is 2 hours.

Class is free of charge.

**For additional information about the workshop, contact:**  
**Brittany Lathrop at 916.710.8380**

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

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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.*

*A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*