

# 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



Program runs for 8 weeks. Two options to choose from:

- **Wednesday** 12/28-2/15 10:30-12:30pm at 178 Rosemary St
- **Thursday** 1/11-3/8 10-12pm at 300 Hillside Ave.

**Registration required. Light snacks provided.**

**This program is FREE**

**To register, please call  
781-455-7940 ext. 218 or email  
[hburnett@needhamma.gov](mailto:hburnett@needhamma.gov)**

#### **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).*