

DO YOU HAVE **concerns about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

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

Please note this is not an exercise class.

We demonstrate and practice low impact exercises (classes 3 through 8) as one part of a comprehensive fall prevention program.

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 their activities because of falling concerns

Program is **FREE**

Class Materials Provided

Starting May 8th

Class meets for 8 weeks
each Friday from 11:00 – 1:00

Class dates

May 8, 15, 22, 29

June 5, 12, 19, 26

Hosted at:

Marlborough Senior Center

40 New St., Marlborough, MA

A MINIMUM NUMBER OF PARTICIPANTS
REQUIRED TO HOLD PROGRAM

To register, please call:

Marlborough Senior Center

508-485-6492



the **healthy living**
Center of Excellence

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

These programs are made possible in part through a grant provided by the Administration on Community Living and Massachusetts Executive Office of Elder Affairs as granted by BayPath Elder Services. If you would like to make a voluntary donation, please mail a check to: The Healthy Living Department, BayPath Elder Services, 33 Boston Post Rd West, Marlborough, MA 01752. Your donations are put directly toward enhancing availability of healthy living programs.