

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 March 31st
Class meets for 8 weeks
Tuesdays from 1:30 – 3:30
(Please arrive at 1:15 for check in, classes will begin promptly at 1:30.)

Class dates
March 31
April 7, 14, 28 **(NO CLASS APRIL 21)**
May 5, 12, 19, 26

Hosted at:
Sudbury Senior Center
40 Fairbank Rd., Sudbury, MA

A MINIMUM NUMBER OF PARTICIPANTS REQUIRED TO HOLD PROGRAM

To register, please call:
Sudbury Senior Center
978-443-3055



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.

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