

# 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



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.*