

# A Matter of Balance

## Description

A Matter of Balance is an award winning program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. This program is taught by University of Missouri Extension Specialists and consists of eight, two-hour sessions.

The sessions help participants learn how to view falls and the fear of falling as something controllable. There will also be information on how to set realistic goals for increasing activity, as well as how to change their environment to reduce fall risk factors. In general the program promotes exercise to increase strength and balance to help reduce the risk of falls in older adults.

### Testimonials:

"I am already noticing a difference in my physical being. I plan to continue these exercises. Hopefully I'll be jumping over the moon soon."



"I seem to be more aware of every situation for my safety. I now 'stop, look and listen' to my surroundings."

## Information



decrease the fear of falling  
and increase activity



group discussions and  
activities



to be healthier and more  
confident in daily life



MANAGING CONCERNS ABOUT FALLS

Reduce the fear of falling and increase the activity levels of older adults.