

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



AREA AGENCY ON AGING

Ohio District 5 | Serving North Central Ohio

419-524-4144 | 800-860-5799 | www.aaa5ohio.org

Classes are FREE

Classes are forming soon at various locations. Space is limited

TO REGISTER OR FOR MORE INFORMATION, PLEASE CALL:

**Laura Barber at the Ohio District 5 Area Agency on Aging
419-522-5612, ext. 1019**

A Matter of Balance: Managing Concerns About Falls

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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.

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