

# 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



(251)706-4663

**Classes are held at  
First Fairhope Church  
300 S. Section St.**

**Mondays  
March 20 – May 1  
10 am – 12 noon**

Lots of fun and it Works!

To RSVP call or text Debbie at  
804-514-7742

**Instructors: Debbie & Henry  
Leidheiser**

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

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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.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).