



# Concerns about FALLS?

A Matter of Balance is a series of 8, 2-hour sessions designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

**COMPLICATIONS RESULTING FROM FALLS ARE A LEADING CAUSE OF DEATH FOR OLDER ADULTS.**



## LEARN TO:

- View falls/the fear of falling as controllable
- Set realistic goals for increasing activity
- Change your environment to reduce fall risk factors
- Promote exercise to increase strength and balance
- Become more confident in managing falls
- Receive a certificate upon completion



## BENEFITS OLDER ADULTS WHO:

- Have sustained a previous fall
- Restrict activities due to fall concerns
- Are interested in improving flexibility, balance and strength
- Are age 60 and older, ambulatory and able to problem solve

A MATTER OF  
**BALANCE**  
MANAGING CONCERNS ABOUT FALLS



## Semmes Senior Center

9635 Moffett Road  
Semmes, AL 36575

Begins March 20  
Classes held one  
day per week  
10 am to noon

## REGISTRATION

**Marcella Nettles**  
[mnettles@sarpc.org](mailto:mnettles@sarpc.org)  
**251.706.4663**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model (c)2006. This program is based on Fear of Falling: A Matter of Balance. Copyright (c)1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University

