



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



Spanish Fort Senior Center

7361 Spanish Fort Blvd.
Spanish Fort, AL 36527

Begins March 14
Classes held
one day per week
9 am to 11 am

REGISTRATION
Marcella Nettles
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