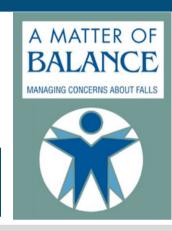


## Concerns about FALLS?

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 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



Classes held one day per week at 9:00 a.m.

## Daphne Senior Center

2505 Highway 98 Daphne, AL 36526

RSVP REQUIRED Kimberly 251-620-2400



