



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.

A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS



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

July 27

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

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