



# 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.

A MATTER OF  
**BALANCE**  
MANAGING 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
- Promote exercise to increase strength/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

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

**Thursdays  
Feb. 1 – March 14**

**10:30 am – 12:30 pm**

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

**Instructors: Debbie & Henry  
Leidheiser**

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