

DO YOU HAVE **concerns** about falling?



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS



Many older adults (60+) experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Classes are two hours each and will be held weekly for 8 weeks

Humana Wellness Center

**Thursdays
2:00 pm- 4:00 pm**

**Starting 1/10/2019
Ending on 2/28/19**

**Address: 7666 N Nob Hill Rd,
Tamarac, FL 33321**

For more information, Or to register

**Please Contact:
(954) 724-1540**

**Classes are free for
seniors 60+
Refreshments served**

Maximum number
Of Participants is 12!

A Matter of Balance: Managing Concerns About Falls
This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model
Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).