

DO YOU HAVE **Concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults 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



Location:
The Legacy at Trinidad
33 Legacy Lane
Trinidad, CO 81082

**Eight Consecutive Weekly
Classes Beginning:**

**Wednesday, September 8th, 2010
1:00pm - 3:00pm**

Suggested Donation: \$10.00

PRE-REGISTRATION IS REQUIRED!
Please make check payable to:
South Central Council of Governments

**For more information please call
SCCOG at 719-845-1133, Ext 224 or 225
or Kim Pronovich at 719-557-9642
(Transportation can be arranged if necessary.)**

A Matter of Balance: Managing Concerns About Falls

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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).