

## A Matter of Balance Volunteer Lay Leader Model



MANAGING CONCERNS ABOUT FALLS

This award winning\* program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. This program utilizes volunteer coaches to teach the eight two-hour sessions.



\*Awards

2006 Healthcare and Aging Award  
*American Society on Aging*

2006 Innovations and Achievements Award  
*National Association of Area Agencies on Aging*



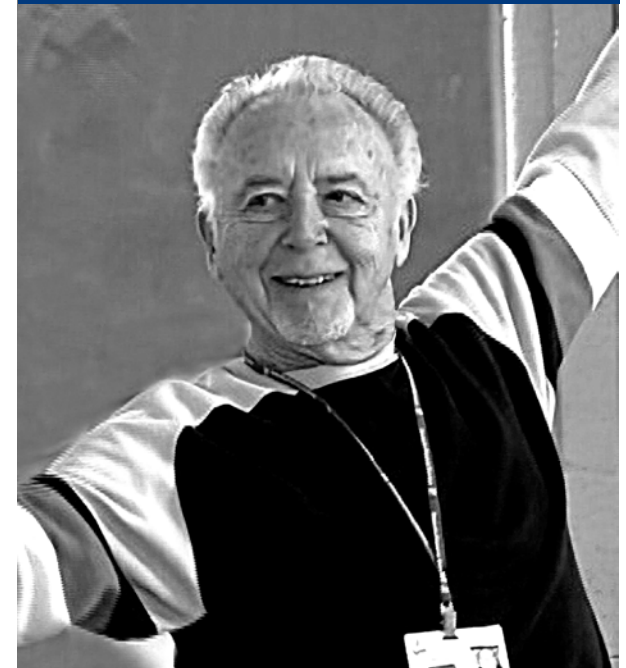
MANAGING CONCERNS ABOUT FALLS

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For more information about  
A Matter of Balance,  
please call:



AN AWARD WINNING PROGRAM



Do you have  
concerns about  
falling?

A Matter of Balance  
can help reduce the  
fear of falling and  
increase the activity  
levels of older adults  
who have concerns  
about falling.