

# A Matter of Balance

Do you have concerns about falling?



## What is A Matter of Balance?

An Award-winning program designed to reduce the fear of falling and increase the activity of older adults who have concerns about falls. The workshop meets 8 times for two-hour sessions.

## What will I learn?

- To view falls and fear of falling as controllable
- To set realistic goals for increasing activity
- To change their environment to reduce fall risk factors
- To promote exercise to increase strength and balance

## Did you Know?

1/3 to 1/2 of older adults acknowledge fear of falls

Fear of falling is associated with:

- *depression*
- *decreased mobility and social activity*
- *increased frailty*
- *increased risk for falls as a result of deconditioning*

## Workshop Dates and Location

**Who:**

**Where:**

**When:**

**Registration Info:**



MANAGING CONCERNS ABOUT FALLS

