

# 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

**DATES:** Wednesdays

January 7<sup>th</sup> - February 25<sup>th</sup>

**TIMES:** 10:00am - 12noon

**LOCATION:** Frankfort Township  
Event Center

20701 Landings Pointe, Frankfort

To register, call Amber 815-221-6013

Program is FREE and for individuals 60+.



We are a faith-based organization providing service to people in need and calling others of good will to do the same.

Attendance at this event indicates consent for Catholic Charities, Diocese of Joliet, Inc., to use my photo to promote and increase awareness of programs and services offered by the Agency. Photos may be used in Catholic Charities' printed materials, online, media, or by grantors.

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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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).