

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

When: Wednesday afternoons,
October 20th – December 8th

Time: 1:30-3:30PM

Where:

Frankfort Township Event Centre
20701 Landings Pointe
Frankfort, IL 60423

Please call Kelli to register by
Friday, October 15th at
815-933-7791 ext: 9910

**Program is FREE and for individuals
who are age 60 or older.**



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

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).