

# 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

**Robert A. Galdon Senior Citizen Building**

**19 Mt. Hope Rd.  
Rockaway, NJ 07866**

**8 sessions**

**2 hours each Friday from  
10:00 – 12:00 pm**

**Dates: 4/26, 5/3, 5/10, 5/17, 5/24,  
5/31, 6/7, and 6/14**

**Please register by calling  
Kristine 973-537-7125**

**This free program is brought to you by:**



**Public Health**  
Prevent. Promote. Protect.

#### **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).