

# 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



## **Seymour Center**

Every Monday & Thursday

**October 3 - 28**

**2:30 - 4:30 PM**

Classes are held twice a week for 4 weeks for 2 hours each.

**Register by:** Thu., Sept. 26

To register, stop by the Seymour front desk or call: **919.968-2070**

**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).