

# 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

**Classes are held on  
Tuesday Mornings  
9:30am to 11:30am**

**Class dates: April 12, 19, 26  
May 3, 10, 17, 24, & 31**

**Classes held at  
Marycrest Village Apartments  
2115 Marmion Avenue  
Joliet, IL 60436**

**Program is FREE**

**For more information and to  
register please call  
Amanda at 815-523-9918**



*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).*