

## DO YOU HAVE CONCERNS about falling?



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. Sessions include discussion and exercises to improve balance, strength and flexibility.

## 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 once a week for 8 weeks for 2 hours each

Hosted at:

**Hopkinton Senior Center** 

28 Mayhew St, Hopkinton, MA

Mondays September 14, 21, 28, October 5, 19, 26 & Nov. 2, 9

12:30 to 2:30

Program fee is **FREE** 

To register please call:

**Senior Center** – 508-497-9730

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006 This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

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