

DO YOU HAVE **concerns about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

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

the *healthy living*
Center of Excellence
MetroWest



Classes are held once a week for 8 weeks for 2 hours.

Hosted at:

50 W. Main St #1,
Hopkinton, MA



Fridays **September 4, 11, 18, 25**
& **October 2, 9, 16, 23**

1:00 to 3:00 pm

Program fee is **FREE**

To register please call:

Jen Belesi – 508-435-1250

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.

These programs are made possible through a grant provided by the Administration of Community Living in collaboration with the MA Executive Office of Elder Affairs and MA Department of Public Health, the Healthy Living Center of Excellence, and by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.