

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 FREE 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?

- *Adults 60 years of age and older*
- *anyone interested in improving balance flexibility and strength.*
- *anyone who has fallen in the past or is concerned about falls.*
- *anyone who has restricted activities due to falling concerns.*

Western Illinois AAA

729– 34th Avenue, Rock Island, Ill.

Mondays and Wednesdays

**July 19th– August 11th
10am– Noon**

Classes will be held twice a week for 4 weeks & are 2hrs./session.

Pre-registration is required.

**For more information
or to register, please call:**

Holly Brugman

**Western Illinois Area Agency on Aging
(309)-793-6800**



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.

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).