

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.*

A Matter of Balance
FREE for: Adults 60 & over, living in Illinois

Tuesdays & Thursdays
July 12th– August 4th
9am-11am

Western Illinois Area Agency on Aging
729– 34th Avenue
Rock Island, Ill.

Pre-registration is required.

For more information or to register,
please call:

Holly Brugman
(309)-793-6800



A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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A Matter of Balance Lay Leader Model

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