

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



Jefferson Lansdale Hospital
100 Medical Campus Drive
Lansdale, PA 19446

**Classrooms E & F, Lower Level, by cafeteria
And
Founder's Training Room, 2nd Fl. Founders**

**DATES: Spring 2022, Thursdays—
March 17, 24, 31,
April 7, 14, 21, 28, and May 5**

TIME: 9:00 a.m. - 11:00 a.m.

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

Program is FREE!

**Class size is limited.
To register, please call:
215-361-4421 or 215-361-4411**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2019

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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.

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