

# 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 has developed a virtual translation that is offered on line. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

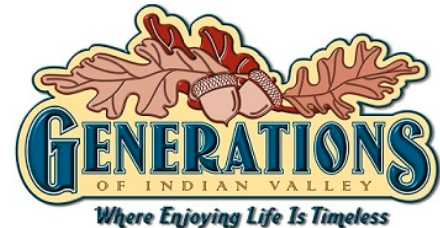
This program emphasizes practical strategies to manage falls.

#### 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



Generations of Indian Valley  
259 N. Second St.  
Souderton, PA 18964

**Thursdays,  
March 9 – April 27, 2023  
10:00am**

Classes are held twice a week for 4.5 weeks for 2 hours each or once a week for 9 weeks for 2 hours each.

For more information or registration please call  
Generations:  
215-723-5841

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