

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 each

Hosted at:



189 Boston Post Rd,
Sudbury, MA

Tuesdays, Sept. 26, Oct. 3, 10,
17, 24, 31, Nov. 7, and 14

1:30 to 3:30 pm

Program fee is FREE

To register please call:
The Coolidge – **978-443-3388**

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.

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