

DO YOU HAVE **Concerns** about falling?

**This program is free
to the public**
For more information
please call
800-447-7169
254-770-2334



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**Classes are limited
so call now to
register for one of
the upcoming
workshops!!!**

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



An initiative of the U.S. Department of Health and Human Services



Agency of the Central Texas Council of Central Texas



Exceeding Expectations Since 1969

Upcoming classes for the public:

1 day per week (2 hour) classes begin monthly for a period of 8 weeks.

Please call 254-770-2334 / 1-800-447-7169 for scheduled times and places in your area.

For further information regarding this valuable program and others offered thru the Area Agency on Aging - a partner agency of the Aging Disability Resource Center please call:

1-800/ 447-7169 or 254/770-2334

A Matter of Balance: Managing Concerns About Falls

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).

Funded in part by the Texas Department of Aging and Disability Services