

# 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



#### **SIGN UP FOR CLASSES** **AT FRONT DESK OF YWCO**

**For More Information Contact Ashlee Dearman:**

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**>> SPACE IS LIMITED <<**

#### **>> Workshop Location:**

**YWCO of Laurel**

428 W. Oak Street

Laurel, MS 39440

#### **>> Workshop Dates:**

October 9, 16, 23, 30

November 6, 13

Completion Party: November 20

#### **>> Workshop Time: 1:00PM**

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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