

DO YOU HAVE **Concerns** about falling?



A MATTER OF
BALANCE

Many older adults experience concerns about falling that can 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

Nine sessions held once a week on Wednesday's for two hours. No Cost.

LOCATION: Zoom (Videoconference)

DATES: Session 0: March 2
Session 1: March 9
Session 2: March 16
Session 3: March 23
Session 4: March 30
Session 5: April 6
Session 6: April 13
Session 7: April 20
Session 8: April 27

TIME: 2:00 PM - 4:00 PM

**To register or for more information please call
Antonia @ Hualapai
Elderly Services Program:
928-769-2375**

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

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A Matter of Balance Lay Leader Model

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