

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



Workshop facilitated by two Health Educators from the Bergen County Department of Health Services; Office of Health Promotion

8 Sessions- Mondays 1:30pm-3:30pm

Location: Old Tappan Firehouse
231 Old Tappan Road
Old Tappan, NJ 07675

Session 1- February 6th **Session 5-** March 13th

Session 2- February 13th **Session 6-** March 20th

***NO CLASS FEBRUARY 20TH- PRESIDENT'S DAY**

Session 3- February 27th **Session 7-** March 27th

Session 4- March 6th **Session 8-** April 3rd

Classes are held once a week for 8 weeks for 2 hours each.

Registration is required. Registration after Session 2 is not permitted.

For more information and to register contact:
Joan Brodeur at (914) 217-4233
Or at jabrodeur71@gmail.com

Hosted by the Old Tappan Senior Advisory Committee

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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