

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

Prevent a Fall



Center for Balance, Gait & Fall Prevention

HVRCHCs' Gait Analysis Lab
A Division of
Hudson Valley Regional Community
Health Center
15 Mt Ebo Road South
Brewster, NY 10509

**Registration is now open for our
Winter Session**

Starting, Tuesday January 11, 2022

At this time classes will be held
virtually, twice weekly for 4 weeks, 2
hours each.

Program is **FREE**

For more information please call
845/ 278-6930 X 5944
Email: drmarckaplan.gait @ gmail.com

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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