

# 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



SEAGO Area Agency on Aging

Clifton Senior Center  
122 4<sup>th</sup> Street  
Clifton, Az .

Tuesdays & Thursdays

9:00 am – 11:00 am

May 8<sup>th</sup> – May 31<sup>st</sup>

Classes are held twice a week  
for 4 weeks for 2 hours

**For more information call**

**928-865-2484**

#### **A Matter of Balance: Managing Concerns About Falls**

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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.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).