

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



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ADDRESS: 144 Tices Lane, East Brunswick, NJ 08816

DATES: 11/4, 11/6, 11/11, 11/13, 11/18, 11/20, 12/2, 12/4

TIME: 10am

Classes are held twice a week for 4 weeks!
This Program is FREE for Members AND Non-Members!

For more information, please call or email

732-257-4114

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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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