

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.



Humboldt County
Department of
Health & Human
Services

Location:

CUNA
4700 Valley East Blvd., Arcata
March 7 – May 2

Two sessions weekly on Fridays

10 a.m. – noon
2:30 - 4:30 p.m.

Classes are held once a week for eight weeks for two hours each.

FREE!

**For more information, please call
Laura "Peach" Green
707-572-8095**

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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