

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 for
managing concerns about 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 60 years and older who has concerns 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

**ODEM PUBLIC LIBRARY IS
HOSTING - "A MATTER OF BALANCE"**

Reserve your spot and Register on
August 15 @ 11am.
516 Voss Ave Odem, TX 78370

- Participants will receive T-shirt & certificate upon completion of program
- Prizes and Giveaways
- Eight Classes-2-hour sessions

For Information contact:
Donna Hutchkins@ 361 368-7833 or
Griselda Ramos@361 883-
3935 Griselda@cbcogaaa.org

**THIS FREE EDUCATIONAL PROGRAM
IS**



TEXAS
Health and Human
Services



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

CLASSES ARE FREE!

A Matter of Managing Concerns About Falls Balance:

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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).

