

DO YOU HAVE **concerns about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

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

the healthy living
Center of Excellence
MetroWest



Classes are held once a week for
8 weeks for 2 hours

Hosted at:

Canton Council on Aging

500 Pleasant St, Canton, MA

Tuesdays, May 2, 9, 16, 23, 30
and June 6, 13, 20

1:30 to 3:30 pm

Program fee is **FREE**

To register please call:

Council on Aging 781-828-1323

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006 This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

These programs are made possible through a grant provided by the Healthy Living Center of Excellence, the Older Americans Act as granted by HESSCO, and the Healthy Living Department at BayPath Elder Services. Confidential voluntary donation of \$2.00 per class.