

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 FREE 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?

- *Adults 60 years of age and older*
- *anyone interested in improving balance flexibility and strength.*
- *anyone who has fallen in the past or is concerned about falls.*
- *anyone who has restricted activities due to falling concerns.*

A Matter of Balance

FREE for: Adults 60 & over, living in Illinois

Pre-registration is required.

**Mondays and Wednesdays
10a-12p**

**March 25th– April 17th
8 Classes Total**

**Western Illinois Area
Agency on Aging
729 34th Ave
Rock Island, IL**

**For more information or to register,
please call:**

**Debbie Elliott
309-793-6800**



Western Illinois
Area Agency on Aging

AGING & DISABILITY RESOURCE CENTER

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

Based on Fear of Falling: A Matter of Balance. Copyright ©1995. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation & Quality in Healthcare and Aging, 2006, American Society on Aging; developed by a grant from the Administration on Aging (#90AM2780).