

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



Peace
of Mind

Hosted by:

Alice Lai-Bitker from Peace of Mind Home Care
and David McGuinness Senior Services

WHERE: Alameda Library
1550 Oak St., Alameda, CA
START DATE: Tuesday, January 3rd, 2017
10:00AM-12:00PM

Classes are held once a week on
TUESDAYS from **10:00AM-12:00PM**
for **8 weeks**.

This program is **FREE!**

There are 3 ways to sign up:
(510) 924-8529
guchida@peaceofmindhc.com
www.peaceofmindhc.com

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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