

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:

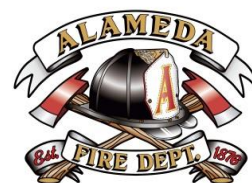
- **view falls as controllable**
- **set goals for increasing activity**
- **make changes to reduce fall risks at home**
- **exercise to increase strength and balance**

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



WHERE: Mastick Senior Center
1155 Santa Clara Ave., Alameda, CA

START DATE:
Wednesday, September 27, 2017
10:00 a.m.-12:00 p.m.

Classes are held once a week on
WEDNESDAYS from 10:00-12:00
for 8 weeks. Enrollment is through the APRD.

This program is FREE!

For more information please call:
Maria Young, AFD Senior Safety Officer
(510) 337-2133 or,

Alice Lai-Bitker, Peace of Mind Home Care:
(510) 924-8529

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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