

# 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



Maywood Senior Center  
145 West Magnolia Avenue  
Maywood, NJ 07607

Tuesdays October 11<sup>th</sup> (2<sup>nd</sup> Session),  
October 18<sup>th</sup>, October 25<sup>th</sup>, November 1<sup>st</sup>,  
November 15<sup>th</sup>, November 22<sup>nd</sup>  
ends on Tuesday November 29<sup>th</sup>  
\*No class November 8<sup>th</sup> (Election Day)

9:30am-11:30am

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

Workshop facilitated by two Health Educators  
from the Bergen County Department of Health  
Services; Office of Health Promotion

**Registration is required. We cannot accept  
new registrations after Session 2.**

**Please call Lisamarie Schieli**

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**201-845-2900 Ext. 208**

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

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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).*