

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



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

Location: Old Tappan Firehouse
231 Old Tappan Road
Old Tappan, NJ 07675

Monday starting October 3rd, October 17th,
October 24th, October 31st, November 7th,
November 14th, November 21st ends on Monday,
November 28th

***No class on October 10th (Columbus Day/Indigenous Peoples' Day)**

1:30pm-3:30pm

Classes are held once a week for 8 weeks. Each class is 2 hours long.

**For more information and/or to register contact
Joan Brodeur at 914-217-4233
Or at jabrodeur71@gmail.com**

Hosted by the Old Tappan Senior Advisory Committee

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.

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