

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

Chemung Volunteer Action Corps, a program of Cornell Cooperative Extension Chemung, is offering
A MATTER OF BALANCE

West Elmira Community Center

**Tuesdays and Thursdays,
May 2, 4, 9, 11, 16, 18, 23,
and 25**

9:30 AM – 11:30 AM

Classes are held twice a week for 4 weeks for 2 hours each.

Must complete minimum of 5 sessions.

There is no charge.

Classes fill quickly!
Registration required.

To register or for more information

Please call 607-734-4453

**Ask for Connie – Ext. 207 or
Mary-Lynn – Ext. 202**

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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