

# 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

**A Matter of Balance is an eight-session workshop held twice a week for two hours.**

Next workshop:

**Cohen Center**

22 Town Farm Road  
Hallowell, Maine

**Tuesdays & Thursdays**

**July 28, 30, August 4, 6, 11, 13, 18 & 20**

**1:30 pm – 3:30 pm**

For more information or to register  
for this free class, contact

Jennifer Fortin  
(207) 620-1657

**Sponsored by:**



#### **A Matter of Balance: Managing Concerns About Falls**

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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).*

Spectrum Generations is an Equal Opportunity Provider. If you require special accommodations, including language, translation, etc., please notify us at least 2 weeks prior to the start of the event.