

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:

Muskie Center
38 Gold Street
Waterville, Maine

Tuesdays & Thursdays

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

10:00 am – 12:00 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.