

# 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

**Now enrolling for virtual  
Spring 2021 classes,  
starting April 26**

Classes are held twice a week for 4½ weeks for two hours each, or once a week for 9 weeks for two hours each. Program fee is optional.

Class times are provided upon enrollment.

For more information, contact the Dutchess County Office for the Aging:

**(845) 486-2555**  
**ofa@dutchessny.gov**

#### **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).