DO YOU HAVE concerns about falling?

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
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