



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

See you in class!!

For workshops at this location, contact:

This award winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

This program utilizes volunteer and professional coaches to teach the eight two-hour sessions.



Join us for a life of better health!

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.



For more information about
A Matter of Balance contact:
Centralina

Area Agency on Aging
525 North Tryon Street
12th Floor

Charlotte, NC 28202

Fax: 704-347-4710

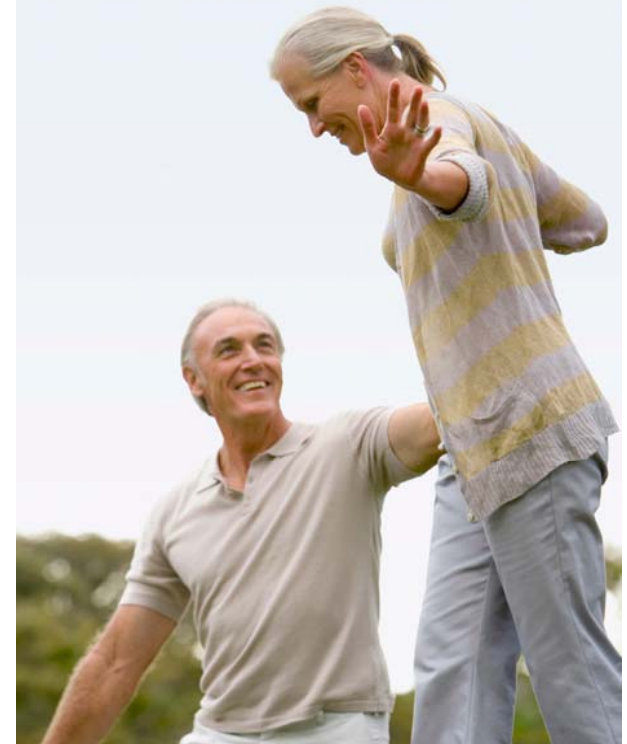
Toll free: 1-800-508-5777

www.centralinaaging.org

Program Coordinator, Annette Demeny
704-348-2736

ademeny@centralina.org

AN AWARD WINNING PROGRAM



Do you have concerns about falling?

A Matter of Balance
can help reduce the fear of
falling and increase the
activity levels of older adults
who have concerns
about falling

A Matter of Balance

Classes help participants learn to:

- view falls and fear of falling as controllable
- set realistic goals for increasing activity
- change their environment to reduce fall risk factors
- promote exercise to increase strength and balance

Designed to benefit community-dwelling older adults who:

- are concerned about falls
- have sustained a fall in the past
- restrict activities because of concerns about falling
- are interested in improving flexibility, balance and strength
- are age 60 or older, ambulatory and able to problem-solve



PARTICIPANT IMPROVEMENT:

- Falls Efficacy
- Falls Management
- Falls Control
- Exercise Level
- Monthly Falls

PARTICIPANT SATISFACTION:

- 97% are more comfortable talking about fear of falling
- 97% feel comfortable increasing activity
- 99% plan to continue exercising
- 98% would recommend A Matter of Balance