

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



Classes will meet weekly at
The Enrichment Center
1615 S. Third Street
Sanford, NC 27330

Eight Classes in the Series
Wednesdays 9am – 11am
September 28, 2022 – November 16, 2022

*NO COST - Contributions Accepted.
Registration and Confirmation to Attend Required.*

Class size limited.

For more information or to register please call
The Enrichment Center
(919)776-0501 ext. 2208

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).