

# 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
- adults age 60 or older, community-dwelling and able to problem solve



**Benson Center for Active Aging**  
1204 N Johnson St, Benson, NC 27504

**Once a Week from 9:30am-11:30am**

- Session 1: Tuesday, August 8th
- Session 2: Tuesday, August 15th
- Session 3: Tuesday, August 22nd
- Session 4: Tuesday, August 29th
- Session 5: Tuesday, September 5th
- Session 6: Tuesday, September 12th
- Session 7: Tuesday, September 19th
- Session 8: Tuesday, September 26th

Contact Debra Cardone at 919-701-1477 or Samantha Patrick at (919) 989-5200 to register.

Question? Please call **Johnston County Public Health Department at (919) 989-5200.**

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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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).*