

Do you have concerns about falling?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many people living with Parkinson's disease experience concerns about falling and restrict their activities. A Matter of Balance for Parkinson's is a pilot workshop translated from A Matter of Balance: Managing Concerns about Falls©.

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
- understand PD-specific falls risk factors
- exercise to increase strength and balance

WHO SHOULD ATTEND?

Anyone living with Parkinson's disease and their care partner who:

- are concerned about falls
- are interested in improving balance, flexibility and strength
- has fallen in the past
- has restricted activities because of falling concerns

**McDowell Senior Center
100 Spaulding Rd
Marion, NC 28752**

**Mondays and
Wednesdays
Oct. 16- Nov. 13
1 to 3 pm**

Classes are held twice a week
for 4 weeks for 2 hours each

Program is free

For more information or to
register, please call:

828- 659-0821

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

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