A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

HEALTHY AGING NC

Experience The "A Matter of Balance" Program

Manage your concerns about falls, boost confidence and keep moving!

"A Matter of Balance was helpful - it made me aware of what can be done to ensure safety at home. The class provided a time to meet and discuss concerns with others. I wish we had even more exercise activities at each class. Great to share and learn!"

— A Matter of Balance Participant

The A Matter of Balance Program is specifically designed to reduce the fear of falling and improve activity levels for older adults. A Matter of Balance uses a variety of activities to address the fear of falling and teach fall prevention strategies.

Benefits to You

The program enables participants gain confidence by learning to:

- View falls as controllable
- Set goals for increasing activity levels
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

Register:

Class dates and times:

Class location:

For questions, contact: