

# 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

**Sponsored by the Salem County Aging and Disability Resource Connection**

Class location:

**Fifth Street Complex  
Conference Room  
110 5<sup>th</sup> St, Salem, NJ**

**Summer 2015**

**July 9,13, 16,20,23, 27,30**

**And August 3**

**From 1:30pm -3:30 pm**

Donations are accepted

**Advance registration required  
as class size is limited**

**For more information or to  
register please call**

**Marikay Green**

**Salem County ADRC**

**856-339-8622 or**

**856-451-1207 ext 8622**

**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).*