

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 for managing concerns about 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 60 years and older who has concerns 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

In order to promote safe practices, MOB has now transitioned into

MOB-V (Virtual)

- Participants must attend via **Zoom** (Camera & Microphone required)
- Classes are Mondays & Wednesdays for 9 weeks
- 9 two-hour sessions

For Accommodations or Additional Information Contact:

Griselda Ramos
(361) 883-3935 Ext - 5027
Griselda@cbcogaaa.org

THIS FREE EDUCATIONAL PROGRAM IS BROUGHT TO YOU IN PARTNERSHIP WITH:



CLASSES ARE FREE!

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.

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