

# 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?**

- Older adults age 60 +
- seniors concerned about falls
- seniors interested in improving balance, flexibility and strength
- seniors who have restricted activities because of falling concerns

Catawba Council on Aging  
and

Western Piedmont  
Area Agency on Aging

are bringing you this program  
for **FREE!**

**4 Week Program**

**Tuesdays & Thursdays**

**2:00 p.m. – 4:00 p.m.**

**Beginning August 31<sup>st</sup>**

**Pinecrest  
915 29<sup>th</sup> Avenue NE  
Hickory, NC 28601**

**Call the Catawba Council on Aging  
to register. Class size is limited!  
(828) 328-2269**

#### **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.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).