

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.

YOU SHOULD ATTEND IF YOU OR YOUR LOVED ONE HAS:

- Concerns about falls and interest in improving balance, flexibility and strength.
- Fallen in the past
- Restricted activities because of falling concerns.
- Early-stage dementia and is concerned about balance. Attend with your caregiver!

FREE classes for caregivers of loved ones with memory loss.

Come on your own or with your loved one!

Others are welcome to enroll - space permitting.



Class location:

**Ontario Safety Training Facility
2914 County Rd. #48
Canandaigua**

**Mondays, 1-3:00pm
June 17 - August 5**

Free!

**Session is 8 weeks.
Classes are 2 hours each.
Includes workbook & snacks.**

**To register: contact Wendy Fambro
Phone: 585-244-8400 x. 130
Email:
wfambro@lifespanrochester.org**

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

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

Sponsored by Lifespan's Finger Lakes Caregiver Institute.

This program is funded in part by the New York State Department of Health.