



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

do you have concerns about falling?

Attend a Virtual Workshop for help!

Many older adults experience concerns about falling and may restrict their activities because of these fears. MATTER OF BALANCE is an 8-session workshop designed to improve balance, flexibility, and strength, - helping people reduce fall risks, strengthen their confidence, and become more active.

In an educational support-group style, MATTER OF BALANCE helps people to:

- *View falls and fear of falling as controllable*
- *Set goals for increasing activity*
- *Make changes to reduce fall risks*

Participants also learn and practice exercises to help with balance



ON-LINE MATTER OF BALANCE WORKSHOPS

Tuesday & Thursday Afternoons January 12 – February 9, 2023 10:00 am – 12:00 pm
TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net

Monday & Wednesday Afternoons May 1 – May 24, 2023 3:00 pm – 5:00 pm
TO REGISTER, CALL (517) 592-1974 or email livingwellprograms@r2aaa.net

Tuesday and Thursday Mornings June 6 – June 29, 2023 10:00 am – 12:00 pm
TO REGISTER, CALL (313) 833-7080 Ext. 223 or email a.kanakaris@stpatsrctr.org

Donations are welcome. This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. More information can be obtained by Maine Health.