

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

LOCATION:

**Two sessions are available:
Orland Park Fitness
Center**

15430 West Avenue
Orland Park, IL

Tuesdays 10 AM-12 PM

Palos Hospital

12251 S. 80th Avenue
Palos Heights, IL

Wednesdays 10AM-12PM

Palos Health Therapy Services

8 weeks. Classes meet for 2 hours each class.

Maximum of 12 participants.

Registration is required.

Program fee is \$80.00

Taught by Palos Hospital Therapist

For more information and to

register - please call:

708-226-2300

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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