

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

Class Location	Day	Dates & Time
Concord Senior Center 40 Commerce Dr., Springville, NY 14141	Wed & Fri	March 30 - April 22, 2016 4 weeks, 2 times a week, 10am-12pm
Salvation Army 960 Main St., Buffalo, NY 14202	Thurs	April 7 - May 26, 2016 8 weeks, once a week, 9am-11am
Hamburg United Methodist Church 116 Union St., Hamburg 14075	Tues	May 3 - June 21, 2016 8 weeks, once a week, 2pm-4pm

There is **NO CHARGE** for this course, but you must register at:

NY Connects 858-8526
or nyconnects@erie.gov

Brought to you by Erie County Department of Senior Services/NY Connects.

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006
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Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

