

# DO YOU HAVE **Concerns** about falling?

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.



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**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:**

**Casa San Pablo Apartments**  
Community Room

401 N Ridgewood Ave, Daytona Beach, 32114

**DAYS: Tuesday and Thursday**

**DATES: Feb. 18 – Mar. 12, 2020**

**TIME: 11:00 a.m. – 1:00 p.m.**

Classes meet twice a week for four weeks.

**REGISTRATION:** Contact Teresa onsite or Sherri, Northeast Florida AHEC

**Phone: 904.482.0189** or

**Online: [nefahec.eventbrite.com](http://nefahec.eventbrite.com)**



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Sponsored by NEFAHEC, ElderSource and the State of Florida, Department of Elder Affairs

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

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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).