

# 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 for managing concerns about 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 60 years and older who have concerns 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

**YWCA Corpus Christi**

is Hosting

**"A MATTER OF BALANCE"**

**September 6th- September 27<sup>th</sup>**

**Mondays and Wednesdays**

**1:30 PM - 3:30 PM**

**4601 Corona, Corpus Christi, TX**

For Additional Information Contact:

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**THIS FREE EDUCATIONAL PROGRAM IS  
BROUGHT TO YOU IN PARTNERSHIP WITH:**



## **CLASSES ARE FREE!**



### **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.

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