



DO YOU HAVE **concerns** about falling?

Fairhill
partners

A MATTER OF **BALANCE**

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.

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 DATES & TIME:

Tuesdays, March 24, 2010 to May 12, 2010

All classes will be held once a week for 8 weeks from 10:00am – 12:00pm at
FAIRHILL PARTNERS

THERE IS NO CHARGE FOR MATTER OF BALANCE CLASSES, BUT DONATIONS ARE ENCOURAGED

FOR INFORMATION CALL PLEASE CALL SUCCESSFUL AGING PROGRAMS AT

(216) 421 – 1350, EXT. 113

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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