

# 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



**Gilpin County Community  
Center  
Mondays  
May and June and July 1st  
1:30 to 3:30 p.m.**

Classes are held once a week for  
8 weeks for 2 hours each.

No Cost for People 60 and older

**For more information please call**

**Mary Ellen Makosky  
303-515-4292**

#### **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).