

# 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 FREE 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?**

- *Adults 60 years of age and older*
- *anyone interested in improving balance flexibility and strength.*
- *anyone who has fallen in the past or is concerned about falls.*
- *anyone who has restricted activities due to falling concerns.*

**A Matter of Balance– Virtual**  
FREE for: Adults 60 & over, living in Illinois  
*Provided through:*

Western Illinois Area Agency on Aging  
729– 34th Avenue, Rock Island, Ill.

**Tuesdays & Thursdays**  
**10am– Noon via ZOOM**  
**February 1st– March 1st**  
*(No class Tuesday, February 22nd)*

**Pre-registration is required.**

For more information or to register,  
please call:

**Holly Brugman**

**Western Illinois Area Agency on Aging**  
**(309)-793-6800**

*Not interested in virtual classes?*

*Please ask to be added to our waitlist for the next  
In-person class, coming in Spring 2022!*



**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 & Quality in Healthcare and Aging, 2006, American Society on Aging; developed by a grant from the Administration on Aging (#90AM2780).