

DO YOU HAVE CONCERNS ABOUT FALLING?



Main Line Health®



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE-VIRTUAL** has been adapted from the A Matter of Balance (in-person) program and is offered on-line using Zoom. This is an award winning *nine-session 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

What do you need to participate?

- Computer/laptop/tablet with a camera/webcam
- Internet access
- A chair not on wheels
- An area free of clutter
- Sturdy shoes
- Good lighting
- Clothing comfortable to move in

PROGRAM DATES:
(9 sessions):

Time: 10:00 am to 12:00 pm

- Monday, Sept. 12, 2022
- Wednesday, Sept. 14, 2022
- Monday, Sept. 19, 2022
- Wednesday, Sept. 21, 2022
- Monday, Sept. 26, 2022
- Wednesday, Sept. 28, 2022
- Monday, Oct. 3, 2022
- Wednesday, Oct. 5, 2022
- Monday, Oct. 10, 2022

To register for this FREE program, please call and leave a message for Michele Kane at 484-337-5212, or email kanem@mlhs.org.

Registration deadline is Sept. 6th

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

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

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).