



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

A Matter of Balance classes are facilitated by trained, volunteer peer coaches and consist of 8 sessions of 2 hours each.

COACH TRAINING OFFERED...

May 7 & 8, 2018

9:30 am – 3:30 pm

**Hackettstown Medical Arts Building
108 Bilby Road, Suite 101**

Hackettstown, NJ 07840

**Refreshments & Materials provided
Please bring a lunch!**

Please call to reserve your spot

973-784-4900 x 203

*Skylands RSVP &
Volunteer Resource Center*

Sponsored by

NORWESCAP
Northwest New Jersey Community Action Program, Inc.

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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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