

# 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

***ATTENTION SENIORS!***

*Join Us for:*

“A MATTER OF BALANCE”

**Fairview Lake YMCA Camp &  
Conference Center  
Kittatinny Lodge  
1035 Fairview Lake Road  
Newton, NJ 07860**

**Mondays,  
April 11<sup>th</sup> thru June 6<sup>th</sup>  
9:00 a.m. – 11:00 a.m.**

SUSSEX COUNTY DIVISION  
OF SENIOR SERVICES



973-579-0555 ext 1222  
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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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