

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: Managing Concerns About Falls

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).

SIGN-UP NOW!

MERCY WEST LAKES

1755 59th Place
West Des Moines, IA 50266
Tuesday's & Thursday's
Beginning March 6, 2012
1:30 p.m.-3:30 p.m.

MERCY WELLNESS CENTER

1111 6th Avenue
Des Moines, IA 50314
Tuesday's & Thursday's
Beginning April 3, 2012
9:00 a.m.-11:00 a.m.

FIRST UNITED METHODIST

1001 Pleasant Street
Des Moines, IA 50309
Tuesday's & Thursday's
Beginning April 3, 2012
1:00 p.m.-3:00 p.m.

8 Session classes are held for two hours.

\$20.00 suggested donation for all eight classes.
Scholarships available

**For more information and to register
please call:**

Polk County Health Department
323-5234

