

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

SIGN-UP NOW!

ANKENY NEVELN

406 S.W. School St.
Ankeny, IA 50023

Tuesday's & Thursday's
Beginning July 20, 2010
1:00 p.m.-3:00 p.m.

CENTRAL SENIOR CENTER

2008 Forest Avenue
Des Moines, IA 50314

Tuesday's & Thursday's
Beginning September 7, 2010
12:30 p.m.-2:30 p.m.

URBANDALE SENIOR CENTER

7305 Aurora Avenue
Urbandale, IA 50322

Wednesday's & Friday's
Beginning September 15, 2010
12:30 p.m.-2:30 p.m.

**Classes are held twice a week for
4 weeks for 2 hours each.**

Program fee is \$20.00 for all eight classes.
Scholarships available

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

Polk County Health Department

323-5234



A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance.
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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.
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).