

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?

Seniors, age 60 and over, who are:

- concerned about falls
- interested in improving balance, flexibility and strength
- who have fallen in the past
- who have limited activities due to a fear of falling

Where: Fairfield Adult Recreation Center
1200 Civic Center Drive
Fairfield

When: Mondays and Wednesdays

Nov. 18, Nov 20, Nov 25, Nov 27,
Dec 2, Dec 4, Dec 9, Dec 11

1:00pm – 3:00pm

Through the support of our sponsors, there is no cost for this class. However, donations are always appreciated.

For more information, contact Wil Ford
Falls Prevention Trainer
(707) 372-7011

fptrainer@faithinactionsolano.org



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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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