

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

**The Loudonville Golden Center
at the Loudonville Public Library**

122 E. Main Street, Loudonville, Ohio

**Thursdays: March 6, 13, 20, 27
April 3, 10, 17 and 24**

Class time: 1 – 3 p.m.

Classes are held once a week
for 8 weeks, 2 hours each class.
12 participants maximum

There is **NO CHARGE** for this class!

To register, please call:

Jean Neel, RN

Ashland County Health Department
419-282-4340



Public Health
Prevent. Promote. Protect.

**Ashland County
Health Department**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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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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