

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



McConnell Heart Health Center
Classroom 3
3773 Olentangy River Rd.
Columbus, OH 43214

July 10, 17, 24, 31,
August 7, 14, 21, 28

6:00 pm – 8:00 pm

Classes are held once a week for
8 weeks for 2 hours each.

Program fee:

McConnell Member \$15
Non-Member \$20

For more information or to
register please call
614-566-5356

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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