

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



**Oak Run Clubhouse
9 Oak Run, Stony Brook
Mondays and Thursdays
May 18, 21, 28 June 1, 4, 8,
11, and 15
from 2:00 pm -4:00 pm**

**Program is FREE, Register in Advance
Sponsored by the Suffolk County
Department of Health Services**

For more information, please call

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Senior Public Health Educator
631- 853-2928**

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

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A Matter of Balance Lay Leader Model

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