



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS



DO YOU HAVE CONCERNS ABOUT FALLING?

Want to stay strong, independent,
and steady on your feet?

**A Matter of Balance is a program
designed to reduce the fear
of falling and increase activity
levels among older adults.**

Falls are **NOT** a natural part of
aging. You can identify your fall
risk and prevent a fall!

**LEARN MORE & REGISTER FOR
A WORKSHOP TODAY!**

**USE YOUR CAMERA TO
SCAN THE QR CODE &
LEARN MORE**



You will learn to:

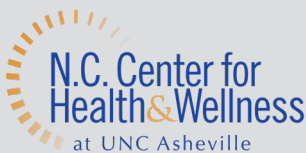
- View falls as controllable
 - Set goals for increasing activity
 - Identify common factors that contribute to falls
 - Make changes to reduce fall risk at home
 - Exercise to increase strength and balance
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This program is for adults who:

- Have had a fall in the past year, or have a fear or concern of falling
 - Restrict activities because of concerns about falling
 - Are interested in improving flexibility, balance, and strength
 - Are age 60 or older, community-dwelling and able to problem solve
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How it works:

In-person or virtual programs may be available. Program includes 8 (in-person) or 9 (virtual) two-hour sessions for a small group led by two trained facilitators.



Healthy Aging NC is an initiative of the North Carolina Center for Health and Wellness at UNC Asheville. We strive to be a leader and trusted partner in the state to help connect people to proven programs and healthy aging information.

828-258-7712

www.HealthyAgingNC.com

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