

# 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

## **PRESENTED BY:**



Westport Weston  
Health District

Monica Wheeler, MSN, RN  
Director of Community Health  
Westport Weston Health District



Shelly Goldman, MOB Coach  
Healthy Living Programs Director  
Westport Weston Family YMCA

**May 2 – June 20**  
**12:45 - 2:45 PM**

**CLASSES ARE HELD**  
**EVERY TUESDAY AT:**

**Westport Weston Family YMCA**  
**14 Allen Raymond Lane**  
**Westport, Connecticut**

**THIS PROGRAM IS FREE**  
**TO REGISTER PLEASE CALL:**  
**Shelly Goldman**  
**203-226-8981 X 124**

**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.*

*A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*