

MATTER OF BALANCE

Managing concerns about falls

Do you have concerns about falling?

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



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Classes are held twice a week for 4 weeks for 2 hours each or once a week for 8 weeks for 2 hours each.

We offer flexible class locations to best meet your needs. Classes can be held at Adventist Health Twin Cities, Adventist Health Sierra Vista, or at off-site locations such as community centers or other venues. We're happy to come to you!

For more information, please contact

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