



## A Matter of Balance: Managing Concerns About Falls

### DATE

Call to find the date in your area

### TIME

Mornings or Afternoons

### LOCATION

Various locations throughout  
Marin County

### FEE

\$20 Materials Fee



For more information or to register,  
contact Beverly Winsor  
1-415-993-2557  
[injuryprevention@maringeneral.org](mailto:injuryprevention@maringeneral.org)

### Learn Fall Prevention Tips!

Falls are a serious concern. In collaboration with ***A Matter of Balance***, the award-winning fall prevention program for senior adults, we're offering an eight-session course for seniors whose fear of falling limits their social and physical activity.

### Participants will be taught:

- Safe and simple exercises to promote strength, flexibility, and balance
- Problem-solving strategies to address habits and behaviors
- Lifestyle changes to promote safety
- Ways to create a safer home environment...and more!

Each of the eight sessions is two hours. Class size is limited to 15 participants. Registration is required.

A Matter of Balance: Managing Concerns About Falls—This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. 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).