

# A Matter of Balance

## Managing Concerns About Falls

Many older adults experience a fear of falling. People who develop this fear often limit their activities which impacts their quality of life.

**A Matter of Balance** is an eight-week evidence-based program that acknowledges concerns about falling but emphasizes practical strategies to reduce this fear and safely increase activity levels.

The curriculum includes group discussions, mutual problem-solving, scripted role-play activities, and exercises.

### **A Matter of Balance will help you:**

- View falls as controllable
- Set realistic goals for increasing activity
- Conduct a home safety evaluation
- Make changes to reduce fall risk at home
- Safely get up after a fall
- Learn exercises for flexibility, strength and balance

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## Program Details

Class meets in person once a week for 8 weeks.

### Dates:

Thursdays  
May 9 – June 27, 2024  
10 am - 12 noon

### Location:

Woburn Senior Center  
144 School Street  
Woburn, MA 01801

### Cost:

FREE, but space is limited!  
Registration is required.

## To Register:

Contact: Amy O'Brien  
Email:  
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or call tel. #: 781.897.5963

