

# A Matter of Balance

## Managing Concerns about Falls Workshop

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.

### **A Matter of Balance will benefit older adults who:**

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling

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

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



## Program Details

Class meets in person once a week for 8 weeks.

### Dates:

Fridays  
September 5 – October 24, 2025  
10:00 am - 12:00 pm (noon)

### Location:

Harvard Senior Center  
16 Lancaster County Road  
Harvard, MA 01451

### Cost:

**FREE, but space is limited!**  
**Registration is required.**

### To Register:

Contact Pam McInnis at  
Harvard Senior Center:  
(978) 456-4120

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