

A Matter of Balance Workshop

Managing Concerns about Falls

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

This evidence-based program is designed to increase the confidence and physical activity of older adults who have fallen or are concerned about falls.

A Matter of Balance participants learn low-impact exercises, have group discussions and share problem-solving strategies to help prevent falls.

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



Program Details

Class meets in person once a week for 8 weeks.

Dates:

Fridays
March 13 – May 1, 2026
9:30 am - 11:30 am

Location:

Carlisle Council on Aging
Town Hall
66 Westford Street
Carlisle, MA 01741

Cost:

FREE, but space is limited!
Registration is required.

To Register:

Contact Carlisle Council on Aging: (978)-371-2895

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MANAGING CONCERNS ABOUT FALLS

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Frequently Asked Questions



Who Should Attend A Matter of Balance workshop?

A Matter of Balance is designed to benefit older adults living in the community who:

- are concerned about falls
- have sustained a fall in the past
- are age 60 or older, ambulatory and able to problem-solve
- restrict activities because of concerns about falls

Is A Matter of Balance an exercise class?

No, A Matter of Balance is not primarily an exercise class. The workshop introduces low-impact exercises to help improve flexibility, balance and strength starting in Session 3 and continuing through Session 8. The exercise portion of the class is 30-40 minutes. Participants are encouraged to incorporate some of these exercises into a daily activity routine to increase physical activity and movement.

Participant outcomes from A Matter of Balance include:

- 97% of participants are more comfortable talking about fear of falling
- 97% feel comfortable increasing activity
- 99% plan to continue exercising
- 98% would recommend A Matter of Balance workshop

