

# DO YOU HAVE **Concerns** about falling?



**UNIVERSITY HOSPITAL**  
Newark, New Jersey



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

**RUTGERS**

Cancer Institute of New Jersey  
at University Hospital

**RUTGERS HEALTH**

**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

#### **LOCATION:**

Cancer Center  
205 South Orange Ave  
**A- Level Room 1126**  
Newark, NJ 07103

**Every Thursday**

**March 21, 2019 – May 30, 2019**  
**from 9:00 a.m. -11:00 a.m.**

Classes are held once a week for 8 weeks for 2 hours each session

Attend 5 out of 8 classes and receive a certificate of completion

This Program is **FREE!**

**For more information or to sign up please contact:**

**Erica Alvarado**

**Call (973) 972-3602 or**

**e-mail [fallsfree@uhnj.org](mailto:fallsfree@uhnj.org)**

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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**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).*