

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



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**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



**UNIVERSITY HOSPITAL**

Newark, New Jersey

#### **LOCATION:**

University Hospital Cancer Center  
205 South Orange Ave  
Suite B 1120  
Newark, NJ 07103  
Every Monday beginning

**April 16th through June 11th**  
**9:30 a.m. -11:30 a.m.**

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

This Program is **FREE!**

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

**Ana Padilla**

**(973) 972-0856**

**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).*