A Matter of Balance
Do you have concerns about falling?
A Matter of Balance can Help Reduce the Fear of Falling and Increase the Levels of Activities of Older Adults

This award* winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. This program is an 8 week class.

*Awards
2006 Healthcare and Aging Award American Society on Aging
2006 Innovations and Achievements Award National Association of Area Agencies on Aging

Classes
Help Participants Improve:
• View falls and fear of falling as controllable
• Set realistic goals for increasing activity
• Change their environment to reduce fall risk factors
• Promote exercise to increase strength and balance

Designed to Benefit Older Adults Who Live In the Community:
• Concerned about falls or have sustained a fall in the past
• Restrict their activities because of concerns about falling
• Interested in improving flexibility, balance and strength
• Are age 60 or older, ambulatory and able to problem-solve

Here’s What Participants Say About A Matter of Balance
“I am already noticing a difference in my physical being. I plan to continue these exercises. Hopefully I’ll be jumping over the moon soon.”

“I seem to be more aware of every situation for my safety. I now ‘stop, look and listen’ to my surroundings.”

Outcomes at 6 Months

Participant Satisfaction
97% 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

Participant Improvement
Fall Efficacy
Fall Management
Fall Control
Exercise Level
Monthly Falls

5363 N. Fresno Street, Fresno, CA 93710
For More Information, Contact: 800-541-8614 | 559-224-9154

*This class is offered at NO COST to participants and made possible by grant funding provided by the Fresno-Madera Area Agency on Aging.