



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.

2006 Healthcare and Aging Award
American Society on Aging

2006 Innovations and Achievements Award
National Association of Area Agencies on Aging



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MANAGING CONCERNS ABOUT FALLS



This material was funded
by USDA's Supplemental
Nutrition Assistance
Program - SNAP.

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

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

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Do you have concerns
about falling?

A MATTER OF BALANCE

A FREE fall prevention education
program to help reduce the fear
of falling and increase the levels
of activities of older adults





Classes help participants improve:

- Viewing falls and fear of falling as controllable
- Setting realistic goals for increasing activity
- Changing their environment to reduce fall risk factors
- Promoting exercise to increase strength and balance

Designed to benefit older adults who:

- Are concerned about falls or have sustained a fall in the past
- Restrict their activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 and older, ambulatory and able to problem-solve

A MATTER OF BALANCE

Participant Improvement

Fall Efficacy
Fall Management
Fall Control
Exercise Level
Monthly Falls

Participant Satisfaction

99% plan to continue exercising
98% would recommend this program
97% are more comfortable talking about fear of falling
97% feel comfortable increasing activity



This **FREE** program is a series of eight classes. Each class is two hours. Registration required; space is limited.

TO REGISTER:

Call 559-224-9154 or 800-541-8614

