

A Matter of Balance

Practical strategies
for reducing falls and
building strength



In **eight, two-hour** classes, participants learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environments to reduce risk factors
- Use exercise to increase strength and balance

What participants say:

- 97%** Feel comfortable increasing activity
- 99%** Plan to continue exercising
- 97%** Are more comfortable talking about fear of falling
- 98%** Would recommend **A Matter of Balance** class



A Matter of Balance is for you if you are:

- Concerned about falls
- Have had a fall in the past
- Restrict activities because of concerns about falling
- Want to improve flexibility, balance and strength

A Matter of Balance is a mixture of lecture, activities, discussion and exercises. Sessions 3-8 of the class include about 30 minutes of exercises for balance and fall prevention. Exercises can be adapted for all ability levels.

Join us for these small-group classes, in your community, with your neighbors.

To find classes in
your area visit:
yourjuniper.org



MANAGING CONCERNS ABOUT FALLS

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