

A Matter of Balance

Do you have concerns about falling?



What is A Matter of Balance?

An Award-winning program designed to reduce the fear of falling and increase the activity of older adults who have concerns about falls. The workshop meets 8 times for two-hour sessions.

What will I learn?

- To view falls and fear of falling as controllable
- To set realistic goals for increasing activity
- To change their environment to reduce fall risk factors
- To promote exercise to increase strength and balance

Did you Know?

Falls are the leading cause of injury hospitalization in the US

1/3 to 1/2 of older adults acknowledge fear of falls

Fear of falling is associated with:

- *depression*
- *decreased mobility and social activity*
- *increased frailty*
- *increased risk for falls as a result of deconditioning*

Workshop Dates & Location

May 8th, 11th, 15th, 18th, 22nd, 23rd, 29th, & June 1st

1pm-3pm

Forever Young Senior Center--Gaylord

Please contact Julie or Whitney at Sibley County

Public Health to register.

507-237-4037 or 507-237-4018

Classes consist of 8 2-hour sessions.

Participants must be able to attend all sessions.



MANAGING CONCERNS ABOUT FALLS

Check out other living well programs by visiting online at:

www.mnraaa.org

