

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



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

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 their activities because of falling concerns

Program is **FREE**

**Starting September 25th**

Class meets for 8 weeks  
each Wednesday from 12:30 – 2:30

**Class dates**

September 25

October 2, 9, 16, 23, 30

November 6, 13

Hosted at:

**Hopkinton Senior Center**

28 Mayhew St, Hopkinton, MA

A MINIMUM NUMBER OF PARTICIPANTS  
REQUIRED TO HOLD PROGRAM

**For more information and to register,  
please call:**

Renee D'Argento

Healthy Living Coordinator

508-573-7251



*the* **healthy living**  
Center of Excellence

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006** This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

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