



## FREE Fall Prevention Class!

October 2023

Limited spots! Register today.

# A MATTER OF BALANCE

Maui Memorial Medical Center  
ETSD Room  
221 Mahalani St., Wailuku

[mauihealth.org/fallprevention](https://mauihealth.org/fallprevention)



## OCTOBER 3 - NOVEMBER 21, 2023

Tuesdays | 9 am - 11 am

This program includes 8, 2-hour classes held once a week for 8 weeks, starting October 3. We encourage participants to attend all 8 classes.

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 who has restricted activities because of falling concerns
- anyone who has fallen in the past
- anyone interested in improving balance, flexibility and strength

#### **A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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#### **A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

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**For more information or to register, contact:**

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