



FREE Fall Prevention Class!

Limited spots! Register today.

A MATTER OF BALANCE

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

mauihealth.org/fallprevention



JUNE 5 - JUNE 28, 2023

Mondays and Wednesdays | 12 pm - 2 pm

This program includes 8, 2-hour classes held twice a week for 4 weeks, starting June 5. 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).

For more information or to register, contact:

Cameron Rogers at Cameron.Rogers@kp.org or call/text 808-264-1082.