

# Do you have **CONCERNS** about **FALLING?**

Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels.



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

**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 activities because of falling concerns
- is age 60 or older, community dwelling and able to problem-solve

In collaboration with



This is a **FREE 8 week course.**  
Classes are once a week.

**JOIN US AT 1:00 PM - 3:00 PM**

Limited  
Seats  
Available!

## Virtual Classes

**TO REGISTER,  
CALL 808-691-7117**



**THE QUEEN'S  
HEALTH SYSTEMS**  
Your Health, Our Legacy

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.

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