

# A Matter of BALANCE



*at Maui Memorial Medical Center*  
221 Mahalani St., Wailuku

**JANUARY 10 - FEBRUARY 2**

**Tuesdays and Thursdays | 12 PM - 2 PM**

This program includes 8, 2-hour classes held twice a week for 4 weeks, starting January 10. 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 fallen in the past
- anyone who has restricted activities because of falling concerns
- anyone interested in improving balance, flexibility and strength

For more information or to register contact Cameron Rogers at [Cameron.Rogers@kp.org](mailto:Cameron.Rogers@kp.org) or call/text 808-264-1082.



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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