

A Matter of BALANCE



at Kaunoa Senior Center
401 Alakapa Place, Pa'ia

August 2 - August 25

Tuesday and Thursdays | 9:00 - 11:00 AM

Participants are encouraged to attend all classes in series.

Classes are twice a week for 4 weeks, beginning August 2.

\$8 participation fee will be collected by Kaunoa Senior Center.

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 55 and up 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

For more information contact MHsinfo@kp.org.

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.

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).

TO REGISTER
Contact Kaunoa
Senior Center at
808-270-7308,
option 3.