



Fall Prevention Program

Concerned about Falling?

Many older adults have concerns about falling and limiting their activities. **A Matter of Balance** is an award-winning program designed to reduce the fear of falling and increase activity levels. The program consists of eight, 2-hour classes and focuses on simple plans to manage falls.

Participants will learn to:

- See that falls are controllable
- Set goals for increasing activity
- Make changes to lessen chances of falling at home
- Improve movement, balance and strength

Who should attend?

- Anyone concerned about falls
- Anyone interested in improving balance, movement and strength
- Anyone who has had a fall in the past
- Anyone who has changed their activities because of concerns for falling

Admission is FREE, but registration is required because class size is limited.

Registration is EASY!

Call **1-877-THR-WELL (1-877-847-9355)** or go online to TexasHealth.org/Classes.

When

Mondays
10:30 AM – 12:30 PM
September 24 – November 11

Where

White Rock Hills Branch Library
9150 Ferguson Rd.
Dallas, TX 75228



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).

Doctors on the medical staffs practice independently and are not employees or agents of Texas Health hospitals or Texas Health Resources.

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TexasHealth.org/Classes