



**If you restrict your activities due to a fear of falling, then join A Matter of Balance workshop to keep moving and stay active!**



### **What is A Matter of Balance?**

A Matter of Balance is an evidence-based program that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

### **Classes are for anyone:**

- Concerned about falls or has fallen in the past
- Interested in improving balance, flexibility and strength
- Who has restricted activities due to concerns related to falls

### **Participate in a workshop and learn to:**

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance



### **Activities included in workshop sessions:**

- Group discussion and problem-solving
- Skill building and assertiveness training
- Sharing practical solutions
- Learning to change negative thinking to positive thinking

### **Length and timeframe of a workshop:**

- In person workshops meet once **OR** twice a week for eight, 2-hour sessions
- Virtual workshops meet for nine sessions; the first session is to provide instruction on how to utilize a virtual platform

### **How do I join a workshop?**

- Call the number below or email the Health Promotion Team at AgeOptions for more information or to find a workshop.