Many older adults experience concerns about falling and how it restricts their activities. 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 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 please call
503-494-5353
or email
matterofbalance@ohsu.edu

A Matter of Balance: Managing Concerns About Falls
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A Matter of Balance Lay Leader Model
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).