DO YOU HAVE concerns about falling?

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict 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

Classes are held once per week for 8 weeks, 2 hours each at:

VCAAAA
646 County Square Dr., Suite 100
Ventura, CA 93003

PROGRAM IS FREE!
Classes are from 2:30pm-4:30pm
Starting:

Tuesday, January 7, 2020 through Tuesday, February 25, 2020

For more information and to sign up, please contact
Ventura County Area Agency on Aging
805-477-7300
vcaaaa.org

A Matter of Balance: Managing Concerns About Falls
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.