

DO YOU HAVE CONCERNS ABOUT FALLING?

Many older adults experience concerns about falling and restrict their activities.

A MATTER OF BALANCE is an award-winning program designed to reduce the fear of falling and increase activity levels.

Volunteer Lay Leader Model

This program utilizes volunteer coaches to teach the 8 two-hour sessions

A Matter of Balance Outcomes at 6 months

- 97% are more comfortable talking about fear of falling
- 99% plan to continue exercising
- 98% would recommend A Matter of Balance



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS



**Clarke County
Hospital**

An Affiliate of  UnityPoint Health

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

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 and balance

**Next Class Session Starts Oct. 5th
1:30 PM – 3:30 PM**

This is an 8-week class that runs through Nov 30, 2022. To register, please contact Leah Reed at 641-342-5293 or email at lreed@clarkehosp.org

Conference Room |
Osceola Public Library
300 S Fillmore St.
Osceola, IA 50213

**IT'S
FREE!**

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.

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).