

# DO YOU HAVE **concerns** about falling?



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

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 risk
- Exercise to increase strength and balance

#### WHO SHOULD ATTEND?

- **Anyone age 60+ concerned about falls**
  - interested in improving balance, flexibility and strength
  - Who has fallen in the past
  - Who has restricted activities because of falling

#### Location:

Foundation YMCA  
Multipurpose room

#### Dates:

October 10th - December 7th  
Tuesdays 9:00 am - 11:00 am  
Thursdays 2:00 pm - 4:00 pm  
Classes are held once a week for 8 weeks for 2 hours each.

No cost to participate. Each session is limited to 12 participants.

Registration forms located at the front  
Registration due by September 22nd, 2023

For more information please contact  
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252-291-9622



A Matter of Balance: Managing Concerns About Falls

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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).

# What is Matter of Balance?

Did you know that fear of falling can actually contribute to falling? A Matter of Balance is an evidence-based program designed to reduce the fear of falling and increase physical activity levels among older adults who have this concern. A Matter of Balance acknowledges the risk of fallings, but emphasizes practical coping strategies to reduce this concern. Participants will learn to view falls and fear of falling as controllable, and set realistic goals for increasing physical activity. Participants will learn to find ways to change their environment to reduce fall risk factors, and learn simple exercises to increase strengthen and balance.

This program meets once a week (Choose Tuesday 9:00 am - 11:00 am or Thursdays 2:00 pm -4:00 pm) for 8 weeks. Each Session is 2 hours. This program is designed for participants ages 60, and is limited to 12 participants. registration is due by September 22, 2023. The program will run October 10th-December 7th, 2023

## **Help out Barton College with their Research on Falls Prevention!**

Barton College faculty members Amanda Maynard and Lauren Biscardi and graduate student Chole Butts will be leading the program and are researching ways to prevents falls and increase self-efficacy in the older adult population. If you would like to help them out with their research, please let them know. They will provide short balance assessments and fall self-efficacy scale before and after the 8- week Matter of Balance program. This is also a good way to track the progress you have made.

## **Please complete the form below and return by September 22nd, 2023**

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

## **Please Choose one Class:**

\_\_\_\_ Tuesday class 9-11am (October 10, 17, 24, 31), (November 7, 14, 28), (December 5)

\_\_\_\_ Thursday class 2-4pm (October 12, 19, 26), (November 2, 9, 16, 30), (December 7)