

DO YOU HAVE

concerns about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

An award-winning
program designed to
help people manage
falls and increase
activity levels

Managing concerns about falls

Have you turned down a chance to go out with family or friends because you were concerned about falling?

Have you cut down on a favorite activity because you might fall?

Have you restricted your normal activities of daily living because you feel unstable on your feet?

Have you fallen and are concerned about falling again?

If so, ***A Matter of Balance: Managing Concerns About Falls*** is a program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater.

Many older adults also experience increased isolation and depression when they limit their interactions with family and friends.

A Matter of Balance can help people improve their quality of life and remain independent



A Matter of Balance is designed to:

- reduce the fear of falling
- increase activity levels
- educate on how you can remain independent

You will learn to:

- View falls as controllable
- Set realistic goals to increase activities
- Change your environment to reduce fall risk factors
- Modify behaviors that lead to falling
- Exercises to increase strength and balance

A Matter of Balance class:

- Meets once a week for 8 weeks
- Is led by trained volunteer coaches
- Includes strength and balance exercises

“I have seen many friends fall and quickly lose the independence they so dearly cherish. I saw results right away, especially in the strength in my ankles, legs and knees. If all it takes is 30 minutes a day to keep me strong - I'll do it!”



Sign Up Now. Spaces Are Limited.

If you...

- are concerned about falls
- are interested in improving balance, flexibility, and strength
- have fallen in the past
- have restricted activities because of falling concerns

Then you should...

Contact us TODAY for information about this FREE class in your area:

Lisa Howard

770-538-2711

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Live your best life NOW!



“I made a commitment to myself to increase the number of steps I took each day. I became more and more confident...I couldn't believe how many steps I could do!”



“The class has really helped me think about my health. I pay attention to how I walk, how I hold my shoulders and how I sit. Anyone can benefit from this class.”