

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



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A program that emphasizes practical strategies and simple exercises to manage falls.

### 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

### Upcoming classes:

#### **Vintage House Senior Center, Sonoma**

April 19 - May 12, Wed & Fri 1:00-3:00pm

#### **Windsor Senior Center**

May 4 - June 22, Thurs 2:30 - 4:30pm

#### **Rohnert Park Senior Center**

May 5 - June 23, Fri 9:30 - 11:30am

#### **Kings Valley Senior Apartments**

May 11 - June 29, Thurs 10am - 12pm

#### **Richard Leib Senior Apartments**

July 24 - Aug 16, Mon & Wed 1:00-3:00pm

#### **Sebastopol Area Senior Center**

July 25 - Aug 17, Tues & Thurs 2:00-4:00pm

- Classes are 8 sessions, 2 hours each session
- This program is free of charge. Any donation gratefully accepted.

**For more information or to register, contact the Sonoma County Area Agency on Aging, A Matter of Balance Program Coordinator: [mob@schsd.org](mailto:mob@schsd.org) (707) 565-5936**

**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) and sponsored locally by the Sonoma County Area on Aging.