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:

- --Acacia Lane, Santa Rosa Sept 12-Oct 5, Mon & Wed – 1 - 3 pm
- --Vintage House, Sonoma
 Oct 4-28, Tue & Fri 1 3 pm
- --Vintage Park, Santa Rosa
 Oct 4-Nov 22, Tue 1 3 pm
- --Case Grande Rd., Petaluma
 Oct 10- Nov-2, Mon & Wed 1 3 pm
- --Bethlehem Towers, Santa Rosa
 Oct 19-Dec 14, Wed -3 5 pm
- --Rohnert Park Senior Center Jan 6-Mar 3, 2017, Fri – 1 - 3 pm
- --Windsor Senior Center *Jan 11-Mar 1, 2017, Wed 1 3 pm*
 - Classes are 8 sessions, 2 hours each session
 - This program is free of charge.
 Any donation gratefully accepted.

For more information please contact Dana Jacoby, Program Coordinator Email: mob@schsd.org (707) 565-5936
Sonoma County Area Agency on Aging

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.