

Do you have **CONCERNS** about **FALLING**?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict 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 risks at home
- exercise to increase strength and balance

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

**Every Monday October, 28 - December, 16
from 1 - 3 p.m.**

Location: NHRMC Orthopedic Hospital
north meeting room
5301 Wrightsville Ave
Wilmington, NC 28403

For more information please call

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Injury & Violence Prevention Coordinator,
Trauma Services

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**New Hanover
Regional Medical Center**

Trauma Services

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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A Matter of Balance Lay Leader Model

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