

A Matter of Balance

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. **A Matter of Balance** is a program designed to reduce the fear of falling and increase activity levels among older adults. The in-person Matter of Balance includes 8 two-hour sessions.



Who should attend?

The program is designed to benefit older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, community-dwelling and able to problem solve

What do participants learn?

The program enables participants to achieve significant goals. They gain confidence by learning to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

Interested parties are encouraged to call or email:

William Downum RN

Phone 314-251-1795

William.downum@mercy.net

Resource Video <https://youtu.be/R2UVFsQYKKw>