

Do you have Concerns About Falling?

Join us for a FREE evidence-based class series designed to manage falls and increase activity levels for participants aged 60 or older.

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

How do I register?

- In-person: Hale Senior Activity Center
- Call AAAPP: 727-570-9696 ext. 163,
- Email: healthandwellness@aaapp.org,
- Online:
<https://forms.cloud.microsoft/r/60CeSa7g75>
- Follow the QR code



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Hale Senior
Activity Center
330 Douglas Ave.
Dunedin, FL 34698

8-Week Workshop
Meets every Friday
October 2 to November 20
12:00pm-2:00pm

Sponsored
by:



Please note classes are limited to 8-12 participants and subject to cancellation or postponement if the participant minimum is not met on the first day of class.

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

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A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

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