

# **DO YOU HAVE CONCERNS ABOUT FALLING?**

## ***“A Matter of Balance”***

**can reduce the fear of falling and increase the activity level of older adults who have concerns about falling.**

### **CLASSES HELP PARTICIPANTS LEARN TO:**

- view falls and fear of falling as controllable
- set realistic goals for increasing activity
- change their environment to reduce fall risk factors
- promote exercise to increase strength and balance

### **DESIGNED TO BENEFIT COMMUNITY-DWELLING OLDER ADULTS WHO:**

- are concerned about falls
- have sustained a fall in the past
- restrict activities because of concerns about falling
- are interested in improving flexibility, balance and strength
- are age 60 or older, ambulatory and able to problem-solve

**Where:** Dodge Park Rest Home  
101 Randolph Road, Worcester MA 01606

**When:** Starting, Monday, April 12, 2010  
from 9:30 a.m. – 11:30 a.m.  
for eight consecutive weeks

**For more information and to register call Theresa Eckstrom  
@ Elder Services of Worcester Area, Inc. at 508-756-1545.**