

## Your Network for Community Health

---

### **Ardent Solutions, Inc.**

Your premier health education and chronic disease self-management strategist, Ardent Solutions strives to improve community health outcomes, increase independence, plan and coordinate reliable mobility options, and decrease unintentional injuries and suicide risks.

Our mission is to create synergy within and between systems that result in a strong culture of health and quality services for our communities.

It is our vision that working together, we will proactively create a healthy, sustainable and livable community for all.

---

### **Register Today**

If you, or someone you know, could benefit by enrolling in A Matter of Balance, please call to learn more at 585-593-5223, ext. 1015.

Small Registration Fee May Apply  
Scholarships available upon request



Learn more about Ardent Solutions' other evidence-based Community Health Programs:

- Allegany County Growing Stronger Strength Training
  - Letting Go!
  - Chronic Disease Self-Management
  - Chronic Pain Self-Management
  - Diabetes Prevention Program
  - Walk with Ease
  - Diabetes Self-Management
  - Eat Healthy, Be Active
- 

Ardent Solutions, Inc.  
85 North Main Street  
Wellsville, New York 14895  
Phone: 585-593-5223  
Fax: 585-593-5217

[www.ArdentNetwork.org](http://www.ArdentNetwork.org)

Visit Us on Facebook

# A Matter of Balance

a program by **Ardent Solutions**.



Concerns About Falls

Managing Concerns About Falls

Managing Concerns About Falls

**An Educational Program About**

## **Fall Prevention**

**for Older Adults**

Managing Concerns About Falls

Managing Concerns About Falls



## About Falls

---



Have you experienced:

- A concern about falls
- A fall in the past
- Activity restrictions because of concerns about falling
- An interest in improving your flexibility, balance and strength

***You are not alone!***

If you answered "yes" and you are 60 years of age or older, ambulatory, and able to problem solve, you may benefit from A Matter of Balance!

**A Matter of Balance** is available in Allegany, Cattaraugus and Steuben Counties.

## Fall Risk Factors

---

There are a number of personal risk factors that impact older adults.

- Muscle weakness, especially in the legs
- Balance and gait
- Postural hypotension
- Reduced reflexes
- Unsafe footwear
- Sensory issues and vision problems
- Dizziness
- Complications of chronic illness
- Medications
- Living environment

A Matter of Balance is an award winning, evidence-based program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.



MANAGING CONCERNS ABOUT FALLS

## Why A Matter of Balance

---

**A Matter of Balance** includes eight two-hour sessions for a small group led by a trained facilitator. The class helps participants to:

- View falls and fear of falling as controllable.
- Set realistic goals for increasing activity
- Change environment to reduce fall risk factors
- Promote exercise to increase strength and balance

## Class Schedule

---

Each **A Matter of Balance** class builds upon the previous class making it extremely important to attend all classes.

- Class 1:** Introduction to the program
- Class 2:** Exploring thoughts and concerns about falling
- Class 3:** Exercise and fall prevention
- Class 4:** Assertiveness and fall prevention
- Class 5:** Managing concerns about falls
- Class 6:** Recognizing fall-ty habits
- Class 7:** Recognizing fall hazards in the home and community
- Class 8:** Putting it all together