

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

FREE CLASS WILL BE HELD AT:

Southern Tier Health Care System
150 North Union Street
Olean, NY 14760

PRE-REGISTRATION:

Required by Friday, September 21, 2018
Call Ardent Solutions at 585-593-1738
Space is limited!

SPONSORED BY:

Ardent Solutions, Inc.
Healthy Community Alliance
Southern Tier Health Care System, Inc.
United Way of Cattaraugus County

CLASS SCHEDULE:

1:00pm - 3:00pm

(Each class will build upon the previous week making it extremely important to attend all sessions)

Monday	Sept. 24	Introduction to the Program
Wednesday	Sept. 26	Exploring Thoughts and Concerns About Falling
Monday	Oct. 1	Exercise and Fall Prevention
Wednesday	Oct. 3	Assertiveness and Fall Prevention
Wednesday	Oct. 10	Managing Concerns About Falling
Monday	Oct. 15	Recognizing Fall-ty Habits
Wednesday	Oct. 17	Recognizing Fall Hazards in the Home and Community
Monday	Oct. 22	Practicing No Fall-ty Habits Fall Prevention: Putting it All Together