

DO YOU HAVE concerns about falling?



Many older adults experience concerns about falling and restrict their activities. Join us for classes to learn a better way and discover healthy ways to remain independent! A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Classes Held at:

**The Blind & Visually Impaired
Center of Monterey County**

**225 Laurel Ave,
Pacific Grove, CA 93950**

**Classes are 2 hours long
and are held twice a week
for 4 weeks.**

10:00 AM-12:00 PM

Wednesdays & Fridays

**August 2nd to August 25th
*See back page for exact dates***

Program Fee \$5.00

**For more information,
please call Karen Levin
831.649.3505 x 104**



This class 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.

All classes are 2 hours long and held from 10:00 AM to 12:00 Noon on Wednesdays and Fridays during August 2017. To fully benefit from this unique course, it is important to attend all 8 classes. Class is limited to 16 attendees. Advance registration is required.

AUGUST 2017						
S	M	T	W	TH	F	SA
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Program fee is \$5.00, to cover cost of materials.

**For more information or to register, please call Karen Levin
831.649.3505 x 104**

A Matter of Balance: Managing Concerns About Falls

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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. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).