

A Matter of Balance

Managing Concerns About Falls

Many older adults experience a fear of falling. People who develop this fear often limit their activities which impacts their quality of life.

A Matter of Balance is an eight-week evidence-based program that acknowledges concerns about falling but emphasizes practical strategies to reduce this fear and safely increase activity levels. The curriculum includes group discussions, mutual problem-solving, scripted role-play activities, and exercises.

A Matter of Balance will help you:

- ✓ View falls as controllable
- ✓ Set realistic goals for increasing activity
- ✓ Conduct a home safety evaluation
- ✓ Make changes to reduce fall risk at home
- ✓ Safely get up after a fall
- ✓ Learn exercises for flexibility, strength and balance

*Made possible through a
generous grant from:*



Member of



Program Details

Class meets in person once a week for 8 weeks.

Dates:

Thursdays
May 16 – July 11, 2024
(no class July 4)
12:30 – 2:30 pm

Location:

Bedford Council on Aging
12 Mudge Way
Bedford, MA 01730

Cost:

FREE, but space is limited!
Registration is required.

To Register:

Contact Lisa Mazerall
lmazerall@Bedfordma.gov
or call 781-275-6825

*Please let us know if caring for your loved one is a barrier to attending the workshop.
We may be able to help.*

