

A Matter of Balance Fall Prevention



Are you concerned about falls?

Matter of Balance is an eight-week course that acknowledges the risk of falling but emphasizes practical coping strategies to reduce this fear. These strategies include promoting a view of falls and fear of falling as controllable, setting realistic goals for increasing activity, changing the environment to reduce fall risk factors, and promoting exercise to increase strength and balance.

A Matter of Balance will help you:

- ✓ View falls as controllable
- ✓ Make changes to lessen the risk of falls at home
- ✓ Set goals for increasing activity
- ✓ Learn exercises to increase strength and balance
- ✓ Know how to safely get up after a fall

Program Details

Dates: Thursdays

Sept 22nd - Nov 17th
(No class Oct 20)

Class meets for 8 sessions

Time: 1:30 pm - 3:30 pm

Location:

Lincoln Council on Aging and
Human Services

Bemis Hall

15 Bedford Road

Lincoln, MA

Cost: FREE, but space is limited!
Registration is required.

Contact:

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For more information about Minuteman Senior Services Healthy Living Programs, contact us at 781-221-7095

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