

Matter of Balance

A free 8-week workshop to manage your concerns about falling

Is this workshop for you?

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.

The program emphasizes practical strategies to manage falls

Who should attend:

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Does not have dementia
- Can walk independently (may use cane or walker)

You will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes at home to reduce fall risks
- Exercise to increase muscle strength and balance



2016 Workshops

For questions or for more information,
Please contact:

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or

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Workshop location:

Kiwanis Family House

2875 50th Street

Sacramento, CA 95817

Free refreshments!



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HEALTH SYSTEM**