

Do you have concerns about falling?



A Matter of Balance Class

McDowell Senior Center will offer the A Matter of Balance Class, which is an 8 week course designed to reduce fear of falling and increase activity levels among older adults who manifest these concerns. A Matter of Balance is an award winning program developed at Boston University designed to manage falls and increase activity level. The course emphasizes practical strategies to manage falls.

Participants will learn to view falls as controllable, set goals for increasing activities, make changes to reduce fall risk at home, and exercises to increase strength and balance.

You should attend this course if you are: 1) concerned about falls; 2) need to improve you balance, flexibility and strength; 3) if you have fallen in the past; and 4) if you limit your activities because you are concerned that you might fall.

A Matter of Balance is led by two to three Volunteer Lay Leaders who are trained and certified to carry out the A Matter of Balance program. A Matter of Balance will be offered at the McDowell Senior Center beginning March 18th through May 6th each Monday from 1:30 to 3:30 p.m. Participants will need to attend all sessions to see significant changes in their fear of falling.

There is no fee to attend this program, but **all participants must be registered no later than March 11, 2019 to insure all required materials are available.** There are a limited number of slots available for this course.

To register, or for more information about A Matter of Balance, please call the McDowell Senior Center at 828-659-0821.