



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

# do you have **concerns** about **falling?**

## Attend a Virtual Workshop for help!

Many older adults experience concerns about falling and may restrict their activities because of these fears. **MATTER OF BALANCE** is an 8-session workshop designed to improve balance, flexibility, and strength, - helping people reduce fall risks, strengthen their confidence, and become more active.

In an educational support-group style, **MATTER OF BALANCE** helps people to:

- *View falls and fear of falling as controllable*
- *Set goals for increasing activity*
- *Make changes to reduce fall risks*

Participants also learn and practice exercises to help with balance



## ON-LINE MATTER OF BALANCE WORKSHOPS

Tuesday & Thursday Mornings      February 3 – March 3, 2022    10:00 am-12:00 pm  
**TO REGISTER, CALL 2-1-1 or email [upcapinfo@upcap.org](mailto:upcapinfo@upcap.org)**

**Donations are welcome.** This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. More information can be obtained by Maine Health.