



# DO YOU HAVE **concerns** about falling?



**Public Health**  
Prevent. Promote. Protect.



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



Rockaway Township

**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.**

**This program emphasizes practical strategies to manage falls.**

### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

### **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

A Matter of Balance classes are facilitated by trained, volunteer peer coaches and consist of 8 sessions of 2 hours each.

### Upcoming Class:

Thursdays – September 29<sup>th</sup> –  
November 17, 2022. 1:00pm –  
3:00pm

at

**Robert A. Galdon Senior Center**  
19 MT. Hope Road, Rockaway, NJ  
07866

To Sign Up  
Call Susan Gaeb  
973-983-2841

### **Sponsored By:**



**Public Health**  
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**NORWESCAP**  
RSVP



### **A Matter of Balance: Managing Concerns About Falls**

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### **A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).