

DO YOU HAVE **Concerns** about falling?

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. It includes 8 two-hour sessions.

This program emphasizes practical strategies to manage falls:

You will learn to:

- View falls as controllable
- Set goals for increasing activity
- Improve balance, flexibility & strength
- Make changes at home to reduce fall risks
- Exercise to increase strength & balance

Who Should Attend?

- Anyone concerned about falls
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns
- Anyone who wants to increase activity & exercise
- Anyone who can walk independently (may use cane/walker when needed)

**This class not appropriate for persons with dementia*



Workshops

UC Davis Patients

Contact UC Davis Health
Department of Health
Management &
Education at
916-734-0718

Community Members

Contact Jennifer Rubin
for information
regarding workshops
near you.

916-734-9784

jenrubin@ucdavis.edu

Workshops are free!

Refreshments served



**UC DAVIS
HEALTH**