

## CLASSES HELP

### PARTICIPANTS LEARN TO:

- **view falls and fear of falling as controllable**
- **set realistic goals for increasing activity**
- **change their environment to reduce fall risk factors**
- **promote exercise to increase strength and balance**

### DESIGNED TO BENEFIT COMMUNITY-DWELLING OLDER ADULTS WHO:

- **are concerned about falls**
- **have sustained a fall in the past**
- **restrict activities because of concerns about falling**
- **are interested in improving flexibility, balance and strength**
- **are age 60 or older, ambulatory and able to problem-solve**

Here's what participants say about

### A MATTER OF BALANCE:

"I am already noticing a difference in my physical being. I plan to continue these exercises. Hopefully I'll be jumping over the moon soon."

"I seem to be more aware of every situation for my safety. I now 'stop, look and listen' to my surroundings."



## A MATTER OF BALANCE OUTCOMES AT 6 MONTHS

### PARTICIPANT SATISFACTION:

**97%** are more comfortable talking about fear of falling

**97%** feel comfortable increasing activity

**99%** plan to continue exercising

**98%** would recommend A Matter of Balance

### PARTICIPANT IMPROVEMENT:

Falls Efficacy

Falls Management

Falls Control

Exercise Level

Monthly Falls