

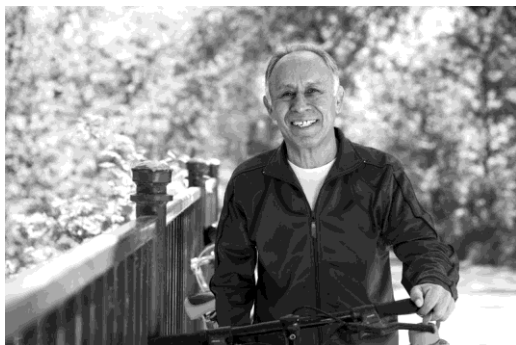
A Matter of Balance Volunteer Lay Leader Model



MANAGING CONCERNS ABOUT FALLS

This award winning* program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

This program utilizes volunteer coaches to teach the eight two-hour sessions.



*Awards

2006 Healthcare and Aging Award
American Society on Aging

2006 Innovations and Achievements Award
National Association of Area Agencies on Aging



MANAGING CONCERNS ABOUT FALLS

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For more information about
A Matter of Balance,
please call:

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A Matter of Balance. Please call:

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AN AWARD WINNING PROGRAM



**Do you have
concerns about
falling?**

A Matter of Balance

can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.