



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



MATTER OF BALANCE WORKSHOPS VIA ZOOM

Tuesdays and Thursdays, March 2 - March 25, 2021 (+ pre-session on 2/25)
from 10:00am - 12:00 noon

[TO REGISTER, CLICK HERE](#) or email: livingwellprograms@r2aaa.net

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.