

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 9 two-hour sessions. **Virtual workshops** are held twice a week for 4.5 weeks.

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*



2021 Virtual Workshops

To be announced

For questions please contact:

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Workshops are free!



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HEALTH**