

DO YOU HAVE **Concerns** about falling?



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

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.

Register Now!

Sept. 22 to Nov. 10, 2022

Every Thursday

10 am to 12 pm

SPACE IS LIMITED!

Classes are held once/ week for 8 weeks for 2 hours each.

No Fee!

Class limited to 12 participants

Columbia Neighborhood Center

**To Register, call 408-730-7800 or
email CNC@sunnyvale.ca.gov**

Through discussions, role playing, videos and exercise, participants will explore ways to decrease fear of falling, increase activity level and reduce fall risks. **Masks are required for coaches and participants.**

What Will I Learn?

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home exercise to increase strength and balance

Who Should Attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

This program is geared for older adults and includes facilitated discussion on fall prevention and a gentle but effective exercise program.

**For more information, contact Tricia Catiggay
OTR/L at tcatiggay@stanfordhealthcare.org**



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A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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