

# DO YOU HAVE **concerns** about falling?



A MATTER OF  
**BALANCE**  
MANAGING CONCERNS ABOUT FALLS

**Many adults experience concerns about falling and as a result may start to restrict their activities. This actually increases their risk of falling! Medical providers cannot give us a pill to protect us so it is up to us to identify what we can do to make us safer and more independent!**

**This program focuses on how to lower your fall risk so that you can continue to live a vital and independent life.**

## **YOU WILL LEARN TO:**

- 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

 Advocate Good Shepherd Hospital

**Advocate Good Shepherd Hospital will be offering this evidenced based fall prevention class on the following dates:**

**The Lodge at the Shores**  
**Tuesdays: June 13<sup>th</sup> thru August 8<sup>th</sup>**  
**(no class July 4<sup>th</sup>)**  
**10:00am-12:00pm**

**Please sign up at the LBS  
Management Office**

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**Classes are held once a week for 8 weeks. Each session includes discussion and exercise.**

**Class size is limited for small group discussion.**

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

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**A Matter of Balance Lay Leader Model**

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.*

*A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*