

# **A Matter of Balance: Managing Concerns about Falls**

Age Requirements

60+

Intake Process

To register, to host a workshop, or for more information, call 804-493-0238

Bay Aging

<http://www.bayaging.org>

Main

(804) 493-0238 x1411

Toll-Free

(800) 493-0238

112 Peach Grove Lane

22520 VA

United States

Fee Structure

Call for Information

A Matter of Balance: Managing Concerns About Falls/Fall Prevention Program is an eight-week structured group intervention workshop that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Many adults experience concerns about falling and restrict their activities.

This program is designed to manage falls and increase activity levels. This evidence-based program was developed at Boston University.

Who can benefit from Matter of Balance? Anyone who 1) is concerned about falls, 2) is interested in improving balance, flexibility, and strength, 3) who has fallen in the past, and 4) has restricted activities because of falling concerns.

Classes are held once a week for eight weeks for two hours each. To register, to host a workshop, or for more information, call 804-493-0238.

Service Area(s)

Essex County

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Gloucester County

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King William County

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King and Queen County

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Lancaster County

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Mathews County

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Middlesex County

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Northumberland County

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Richmond County

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Westmoreland County

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