

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

Age Requirements

60+

Intake Contact

Kathy Brown

Intake Process

To register, to host a workshop, or for more information, call (804) 343-3004

Intake Contact Telephone

(804) 343-3004

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

The SPAN Center

<https://spancenter.org/>

<https://seniorconnections-va.org/services/education-information/health-wellness...>

<https://www.facebook.com/seniorconnectionscaaa/?v=wall>

@sccaaa

Main

(804) 343-3004

TTY/TTD

(804) 343-3008

1300 Semmes Avenue

23224 VA

United States

Monday: 8:30 am-5:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-5:00 pm

Thursday: 8:30 am-5:00 pm

Friday: 8:30 am-5:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Languages Spoken

English

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Language Line available

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 restricting 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. has fallen in the past,
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) 343-3004.

Service Area(s)

Charles City County

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Chesterfield County

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Goochland County

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Hanover County

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Henrico County

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New Kent County

,

Powhatan County

,

Richmond City

Email

[kbrown@youraaa.org](mailto:kbrown@youraaa.org)