

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

Age Requirements

60+

Available 24/7

No

Documents Required

Call for details

Intake Contact Email

info@esaaaca.org

Intake Process

To register, to host a workshop, or for more information, call 757-442-9652

Intake Contact Telephone

(757) 442-9652

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Eastern Shore Area Agency on Aging, Community Action Agency

<https://www.esaaa-caa.net/>

<https://www.esaaa-caa.org/senior-centers>

<https://www.facebook.com/ESAAA.CAA/>

<https://twitter.com/esaaa757>

Main

(757) 442-9652

Toll-Free

(800) 452-5977

5432 Bayside Road

23350 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Languages Spoken

English

A Matter of Balance: Managing Concerns About Falls/Fall Prevention Program is an 8-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 8 weeks for 2 hours each.

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Service Area(s)

Accomack County

,

Northampton County

Email

[tsmith@esaacaa.org](mailto:tsmith@esaacaa.org)