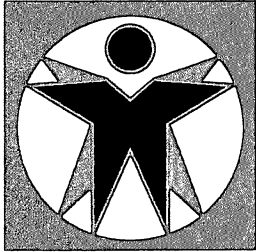




Don't Let Concerns About Falling Get You Down...



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Program Information

8 WEDNESDAYS

DATES

Jan. 16 - March 6, 2019

TIME

12:30 pm - 2:30 pm

LOCATION

**Palisades Branch
Los Angeles Public Library
861 Alma Real Drive
Pacific Palisades, CA 90272**

CONTACT

**(310) 459-2754 or
(310) 394-9871 ext. 264**

Fall Prevention

An award-winning, evidence-based program designed to manage falls and increase activity levels

Who should attend?

- Anyone worried about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen

As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and, upon request, will provide reasonable accommodation to ensure equal access to its programs, services and activities.

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006. This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.



www.wiseandhealthyaging.org

A Matter of Balance

F A C T S H E E T

About A Matter of Balance

- No-Cost workshops
- Meets 2 hours per week for 8 weeks
- Trained peer-leaders (non-health care professionals)
- Gives you the tools to manage the fear of falling and reduce the risk of falls
- Evidence-Based Program created and licensed by MaineHealth

Workshop Topics

- Managing the fear of falling
- Avoiding “fall-ty habits”
- Recognizing fall hazards
- Exercise and fall prevention
- Goal-setting and problem solving
- Talking to your doctors, friends and family about falls

Benefits from Participating

- Feel well and be well
- Become more active
- Reduce your risk of falling
- Reduced risk of emergency room admission

To Register:

**(310) 459-2754 or
(310) 394-9871 ext.264**

WISE & HEALTHY AGING

TRAINING & EDUCATION CENTER

A NONPROFIT ORGANIZATION COMMITTED TO EXCELLENCE IN EDUCATION

Evidence-Based Health Promotion Programs for Older Adults

WISE & Healthy Aging, a social services organization serving the Los Angeles Westside, advances the dignity and quality of life of older adults through leadership, advocacy and high quality, innovative services.