

DO YOU HAVE **Concerns** about falling?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

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
- anyone who has restricted activities because of falling concerns

Senior Support Program of the Tri-Valley

"Giving our best to a special generation"



(925) 931-5379
5353 Sunol Boulevard
Pleasanton, CA 94566
www.ssptv.org

WHERE: Heritage Estates

900 E. Stanley Blvd., Livermore, CA 94550

**START DATE: Thursday, February 2nd,
2017, 1:30-3:30**

Classes are held once a week on
**TUESDAYS from 1:30-3:30
for 8 weeks.**

This program is **FREE!**
Sign-up at the front desk.

**For more information please call:
Nicole Albrecht or Joey Tchang:
(925) 931-5379**

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).

This project was supported, in part by grant number 90FP0018-01-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

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Peace
of Mind

Hosted by:

Alice Lai-Bitker from Peace of Mind Home Care
and David McGuinness Senior Services

WHERE: Alameda Library

1550 Oak St., Alameda, CA

**START DATE: Tuesday, January 3rd, 2017
10:00AM-12:00PM**

Classes are held once a week on
TUESDAYS from 10:00AM-12:00PM
for **8 weeks**.

This program is **FREE**!

There are 3 ways to sign up:
(510) 924-8529

guchida@peaceofmindhc.com
www.peaceofmindhc.com

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