



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

# Do You Have Concerns About Falling?

**A MATTER OF BALANCE is an award-winning evidence-based program that emphasizes practical strategies to manage falls**



**FREE :LIMITED TO 15 PARTICIPANTS**

## 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

## PARTICIPANTS 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

## SPRING 2026 SESSIONS

**The Villages at Oak Ridge  
THE CLUBHOUSE**

### EVERY TUESDAY

**from 1:00 pm-3:00 pm est**

**MARCH 3th, 10th, 17th, 24th. 31st  
7th, 14th, & 21st**

**RSVP to SHELIA @ CLUBHOUSE**

**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).

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Area 13 Agency On Aging & Disability  
A member of the [connect Alliance](http://connectalliance.org).

[GenerationsNetwork.org](http://GenerationsNetwork.org)