



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

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