



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance is an award winning evidence-based program designed to reduce fear of falling and improve activity levels in older adults. The program includes eight two-hour classes presented to a small group of 8-12 participants led by trained coaches.

What the Program Offers

- 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 who:

- Is concerned about falls
- Is interested in improving balance, flexibility and strength
- Has fallen in the past
- Has restricted activities because of falling concerns

Class Location and Schedule

Check with your Council On Aging for time and place.

Edgartown: 508-627-4368

Tisbury: 508-696-4205

Oak Bluffs: 508-693-2896

Up-Island: 508-693-2896

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