

DO YOU HAVE **Concerns** **about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Evidence-based Program

Virtual class

Register Now!

Space is Limited!

No Fee!

What Will I Learn?

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- Seated exercises to increase strength and balance

Who Should Attend?

- anyone 65 years and older and concerned about falls
- anyone interested in improving balance, flexibility, and strength and wants to do seated exercise
- anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

This program is geared for older adults and includes facilitated discussion on fall prevention. Gentle seated exercises are introduced on the 4th session.



Classes are on ZOOM

March 30—May 25th

Every Tuesday

10am—12pm

9 sessions

Classes are held 1 times/week for
9 weeks for 2 hours each.

Class limited to 12 participants

**650-724-9369 to register or
email**

ecorman@stanfordhealthcare.org



EL CAMINO
HEALTHCARE
DISTRICT



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A Matter of Balance Lay Leader Model

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