

# 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

**Class Dates: April 22 - May 20**

**NO CLASS THURSDAY, APRIL 24**

Tuesdays & Thursdays 10 AM – 12 PM

This class is held twice a week for 4 weeks for 2 hours. Snacks included

Class will be held in English only.

**Location: Simpkins Center:**

**Live Oak Library Annex**

**979 17th Ave, Santa Cruz**

**For Pre-Screening and Registration**

**Ares Bartell**

**Phone: 831-205-0160**

**Email: [ares.bartell@scvolunteercenter.org](mailto:ares.bartell@scvolunteercenter.org)**

**Free grab bar installation and raffle prizes upon completion of class**

This is not a drop-in class. You must complete screening and registration.

Only 12 participants per class.



**VolunteerCenter**  
of Santa Cruz County