



# Don't Let Concerns About Falling Get You Down...



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**An award-winning,  
evidence-based  
program designed  
to manage falls  
and increase  
activity levels.**

# Fall Prevention Program

## WHO SHOULD ATTEND?

- Anyone worried about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen

## Sign Up Now!

**2-Hour Information Meeting:  
Tuesday, September 5, 1:00 pm**

### **DATES:**

**8 Tuesdays  
September 12, 2017 –  
October 31**

### **TIME:**

**1:00 pm - 3:00 pm**

### **LOCATION:**

**WISE & Healthy Aging  
1527 4th Street  
Santa Monica, CA 90401**

### **CONTACT:**

**(310) 394-9871 ext. 264**

As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and, upon request, will provide reasonable accommodation to ensure equal access to its programs, services and activities.

# A Matter of Balance

## F A C T S H E E T

### About A Matter of Balance

- No-Cost workshops
- Meets 2 hours per week for 8 weeks
- Trained peer-leaders (non-health care professionals)
- Gives you the tools to manage the fear of falling and reduce the risk of falls
- Evidence-Based Program created and licensed by MaineHealth

### Workshop Topics

- Managing the fear of falling
- Avoiding “fall-ty habits”
- Recognizing fall hazards
- Exercise and fall prevention
- Goal-setting and problem solving
- Talking to your doctors, friends and family about falls

### Benefits from Participating

- Feel well and be well
- Become more active
- Reduce your risk of falling
- Reduced risk of emergency room admission

**To Register: (310) 394-9871 ext. 264**

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WISE & HEALTHY AGING

## TRAINING & EDUCATION CENTER

A NONPROFIT ORGANIZATION COMMITTED TO EXCELLENCE IN EDUCATION

Evidence-Based Health Promotion Programs for Older Adults

WISE & Healthy Aging, a social services organization serving the Los Angeles Westside, enhances the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services.