



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**PRINCE WILLIAM**  
— Area Agency on Aging



VIRGINIA DEPARTMENT FOR AGING  
AND REHABILITATIVE SERVICES

## Learn To

- View falls and fear of falls as controllable
- Set realistic goals to increase activity
- Change your environment to reduce fall risk factors
- 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

### **Tuesdays and Fridays 10:00am-12:00pm**

September 3-October 1, 2024

8 classes, 2 per week for 4 weeks

Tuesdays September 3, 10, 17, October 1, 2024

Fridays September 6, 13, 20, 27

**Class Location:** Sentara Northern Virginia Medical Center  
Hylton Education Center (use Visitor's Entrance )  
2300 Opitz Blvd. Woodbridge, VA 22191

### **For Information Contact**

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**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006** - This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

**A Matter of Balance Lay Leader Model** - Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).