



# 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

Classes held at the Tisbury  
Council on Aging  
Mondays 9:30-11:30 am  
July 10, 17, 24, 31  
August 7, 14, 21, 28  
**To register:** Call Joyce Stiles-Tucker  
Phone: 508-696-4205  
Email: [jstucker@tisburyma.gov](mailto:jstucker@tisburyma.gov)

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