

PREVENT FALLING

A MATTER OF BALANCE PROGRAM

This program is designed to help reduce your fear of falling, increase your confidence, and remain active and independent.

Program Overview

Participants will learn how to:

- View falls and the fear of falling as controllable
- Set realistic goals for increasing physical activity
- Make changes to reduce fall risks at home
- Improve strength and balance through gentle exercises
- Identify personal risk factors for falls
- Increase confidence in managing daily activities safely
- Develop practical strategies for maintaining independence



Course Schedule

Session 1 - October 1
Session 2 - October 5
Session 3 - October 8
Session 4 - October 19
Session 5 - October 22
Session 6 - October 29
Session 7 - November 3
Session 8 - November 5

Time

12:30 PM to 2:30 PM

THE PROGRAM IS INTERACTIVE AND INCLUDES GROUP DISCUSSION, PROBLEM SOLVING, EXERCISES, HOME SAFETY INFORMATION, AND ACTION PLANNING. IT IS IDEAL FOR OLDER ADULTS WHO ARE CONCERNED ABOUT FALLS, HAVE EXPERIENCED A FALL, OR HAVE LIMITED ACTIVITIES BECAUSE OF CONCERNS ABOUT FALLING.



Space is limited to 10 participants.

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