DO YOU HAVE **concerns** about falling?

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. It includes 8 two-hour sessions. Classes are held twice a week for 4 weeks.

This program emphasizes practical strategies to manage falls:

**You will learn to:**
- View falls as controllable
- Set goals for increasing activity
- Improve balance, flexibility & strength
- Make changes at home to reduce fall risks
- Exercise to increase strength & balance

**Who Should Attend?**
- Anyone concerned about falls
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns
- Anyone who wants to increase activity & exercise
- Anyone who can walk independently (may use cane/walker when needed)

*This class not appropriate for persons with dementia*

---

**2020 Workshops**

| Jan 14 - Feb 6 | Tues & Thurs | 1:00-3:00 |
| April 20 - May 13 | Mon & Wed | 10:00-12:00 |
| July 6 - July 29 | Mon & Wed | 10:00-12:00 |
| Oct 6 – Oct 29 | Tues & Thurs | 1:00-3:00 |

**Location:**
Kiwanis House
2875 50th Street
Sacramento, CA 95817

To reserve your spot contact:
Cathy Morris
916-734-9784
cemorris@ucdavis.edu