

# Matter of Balance

A Matter of Balance is an award winning program designed to reduce the fear of falling and increase activity levels among older adults. The program uses a variety of activities to address the fear of falling and teach fall prevention strategies. It includes 8 two-hour sessions. Classes are held twice a week for 4 weeks. Classes are free.

**A Matter of Balance 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

**Who should attend?**

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has restricted activities because of falling concerns

*\*This class not appropriate for people with dementia*



## 2019 Workshops

Jan 22-Feb 14  
Tues & Thurs  
1:00-3:00

April 1-April 24  
Mon & Wed  
1:00-3:00

July 1-July 24  
Mon & Wed  
10:00-12:00

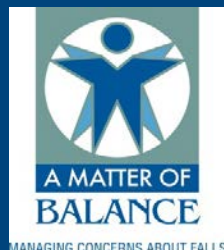
Oct 7-Oct 30  
Mon & Wed  
1:00-3:00

### Location:

Kiwanis Family House  
2875 50<sup>th</sup> St.  
Sacramento, 95817

To reserve your spot,  
contact

Cathy @ 916-734-9784 or  
[cemorris@ucdavis.edu](mailto:cemorris@ucdavis.edu)



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