

# 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 9 two-hour sessions. **Virtual workshops** are held twice a week for 4½ weeks or once a week for 9 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)
- Anyone who has internet access & a device at home & has basic ability to operate it (phone not recommended)

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



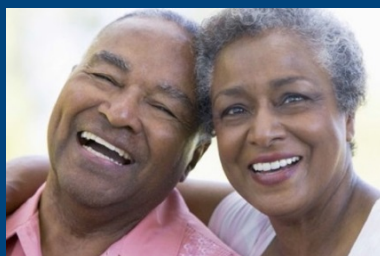
## Virtual Workshops

For more  
information  
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Virtual  
workshops  
are free!



**UCDAVIS  
HEALTH**