

DO YOU HAVE

concerns about falling?



Dignity Health™
Sequoia Hospital



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE (MOB) is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls

YOU WILL 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 concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

MOB includes facilitated discussions and a gentle but effective exercise program.

Classes are twice a week for 4 weeks for 2 hours each

Spring 2025

Day: Mondays & Wednesdays
Dates: April 7, 9, 14, 16, 21, 23, 28, 30
Time: 10am – Noon
Location: Sequoia Hospital
170 Alameda de las Pulgas
Redwood City, 94062
Fee: FREE

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

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