



A Matter of Balance

Evidence-Based Falls Management Program for Older Adults

- A Matter of Balance (MOB) acknowledges the risk of falling but emphasizes practical coping strategies to reduce this fear.
- Promoting a view of falls and fear of falling as controllable
- Setting realistic goals for increasing activity
- Changing the environment to reduce fall risk factors
- Promoting exercise to increase strength and balance.

The workshop is conducted over eight sessions, meeting weekly or twice weekly for two hours per session with 8-14 participants.

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