

STAY STEADY. STAY ACTIVE. STAY INDEPENDENT.

A Matter of Balance: Managing Concerns about Falls is an in-person YMCA workshop that helps you feel confident on your feet and do more of what you love.

IN THIS PROGRAM YOU WILL:

- Learn proven tips to make falls more controllable
- Set easy goals to increase your activity
- Make simple home changes to reduce risk
- Practice gentle exercises that build strength and balance



GOOD FIT FOR ANYONE WHO:

- Is concerned about falls or has fallen
- Wants better balance, flexibility, and strength
- Has limited activities because of falling concerns

DATES: Mondays & Wednesdays 1-3pm October 20-November 12

LOCATION: Patchogue-Medford Library 54-60 East Main Street Patchogue, NY 11772 Meeting Room B

FREE & OPEN TO THE COMMUNITY

REGISTER NOW!

Contact:

Patchogue Family YMCA

Brittany Kontos (631)-891-1813, brittany.kontos@ymcali.org

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006. This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. A Matter of Balance Lay Leader Model Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$599,969 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS or the U.S. Government.