We provide services, activities and support to promote self-sufficient and fulfilling lives for aging adults in our multi-cultural community.

An Independent Senior Center

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

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.

SouthEast Seattle Senior Center

Thursdays, Feb. 13 – Apr. 2
1:00pm - 3:00pm

Please sign up at the SESSC Front Desk or call 206-722-0317

Space is limited to 16 persons

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

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

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A Matter of Balance Lay Leader Model

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