



## A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

### ***A Matter of Balance Fall Prevention***

Falls are a major cause of injury and death among older adults. The cost of treating and care afterward was \$19 billion in 2000 and expected to reach \$55 billion by 2020. A Matter of Balance focuses on reducing a fear of falling in older adults and improving their activity level to continue independent living.

Classes are 8, two-hour sessions which include problem solving, home safety evaluation, and exercises for strength, balance, and flexibility.

Classes **beginning** January to April in 2013 are:

***January 9, Fleming, meets in mornings***

***January 16, Akron Senior Center, 9 -11 am***

***February 1, Burlington Senior Center, 9-11 am***

***February 12, Morgan County Extension, 1:30 - 3:30 pm***

***April 9, Wiggins Senior Center, 9 - 11 am***

Contact Gisele Jefferson at 970-345-2287 or [Gisele.jefferson@colostate.edu](mailto:Gisele.jefferson@colostate.edu) for more information.

Practical strategies to prevent & 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

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