**It’s a Matter of Balance**

Many older adults experience concerns about falling and, as a result, restrict their activities. An award-winning program called “A Matter of Balance” can help reduce the fear of falling and increase activity levels.

**Classes designed to benefit adults who are older and live in the community:**

- are concerned about falls
- have sustained a fall in the past
- restrict activities due to concerns about falling
- want to improve flexibility, balance, and strength
- are age 60 or older
- can problem solve
- are ambulatory

**During eight sessions that are two hours long, participants learn to**

- control falls and fear of falling
- gradually increase physical activity levels
- reduce fall hazards in the home
- increase strength and balance

“For information about classes, visit [www.texasfpc.org](http://www.texasfpc.org) or contact your local AAA by phone 1-800-252-9240

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Concerned About Falling?

“I feel that this class extended my lifetime by 2 or 3 years.”