



A “Matter of Balance”

- ▶ *Banner Health Medical Centers will host a series of fall prevention workshops*



Many seniors experience fear of falling and restrict their activities.

In fact, one-third of adults 65 and older fall each year, and half of all falls happen right in the home. A *“Matter of Balance: Managing Concerns About Falls”* is an evidenced-based program that emphasizes practical strategies to reduce this fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable; set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

The *“Matter of Balance”* series runs for 8 weeks per session. Workshops take place at a Banner Health near you. Call (602) 230-CARE (2273) for the list of locations and to register. Classes begin Friday, **1/10/14**.

For more information about *“Matter of Balance”* or to register for the series, please call **602 230-CARE (2273)**

Class size is limited, register early. See you there!