

# Get past your fear of falling and enjoy life again!

## A Matter of Balance—Managing Concerns About Falls



**98% of class participants would recommend *A Matter of Balance* to other older adults with fears about falling – so what are you waiting for?**

- Learn to control falls, stay safe and get more active
- Exercise for better strength, balance and flexibility
- Make new friends in familiar community places
- Get moving, stop worrying, enjoy living!



*Space is limited. Sign up NOW for eight free 2 hour sessions.*

### Location

San Fernando  
Recreation Park  
208 Park Ave., San Fernando, CA  
91340

### Time

9:00am-11:00am

### Date

Thursday  
September 5, 12, 19, 26  
October 2, 10, 17, 24

### Contact

Marisol Diaz  
(818) 898- 7341

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[www.cahealthierliving.org](http://www.cahealthierliving.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.

This project was supported, in part by grant number 90FP0018, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201