A Matter of Balance: Managing Concerns about Falls

Age Requirements 60+ Intake Process To register, to host a workshop, or for more information, call 703-791-0071 Prince William Area Agency on Aging http://www.pwcgov.org/government/dept/aaa/Pages/default.aspx Main (703) 791-0071 TTY/TTD (703) 791-0071 TTY/TTD (703) 792-6444 8409 Dorsey Circle Suite 101 20110 VA United States

Fee Structure Call for Information

A Matter of Balance: Managing Concerns About Falls/Fall Prevention Program is an 8-week structured group intervention workshop that emphasizes practical strategies to reduce 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.

Many adults experience concerns about falling and restrict their activities. This program is designed to manage falls and increase activity levels. This evidencebased program was developed at Boston University.

Who can benefit from Matter of Balance? Anyone who 1) is concerned about falls, 2) is interested in improving balance, flexibility, and strength, 3) who has fallen in the past and 4) has restricted activities because of falling concerns.

Classes are held once a week for 8 weeks for 2 hours each.

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Service Area(s) Manassas City

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Manassas Park City

Prince William County Email j.r.merring@gmail.com