

## **A Matter of Balance**

Age Requirements

60+

Available 24/7

No

Family

Yes

Intake Process

Call for information. Some programs offer registration on the website.

Intake Contact Telephone

(703) 324-5374

Provider Refer

Yes

Report Problems

Call the Agency

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Send a Letter

Self Refer

Yes

ElderLink, Inova Health System

<https://www.inova.org/about-inova/inova-your-community/community-access-care/el...>

Main

(703) 324-7948

TTY/TTD

(703) 449-1186

12011 Government Center Parkway Suite 708

22035 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Evening hours are available by appointment.

Fee Structure

No Fee

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Sliding Scale Fee

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Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

ElderLink, in partnership with the Inova Health System, offers A Matter of Balance and two additional programs designed to reduce falls by program participants.

A Matter of Balance is a free program that reduces the fear of falling and increases activity levels among older adults. The program includes eight two-hour small group sessions led by trained facilitators. Home safety assessments are available to participants.

A Walk with Ease is a free six-week program created by the Arthritis Foundation. Participants walk at their own pace three times a week. The group meets weekly to discuss successes, share challenges, encourage one another, and learn information about staying healthy. The class is offered online thru Zoom.

Bingo + Gentle Exercises = Bingocize®, a free evidence-based program that combines the game of bingo with fall prevention exercises (seated or standing). Play bingo, win prizes, and meet new people. Classes meet twice a week for 10 weeks.

Service Area(s)

Fairfax City

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Fairfax County

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Falls Church City