

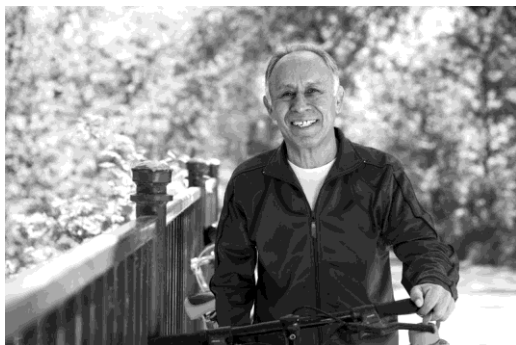
## A Matter of Balance Volunteer Lay Leader Model



MANAGING CONCERNS ABOUT FALLS

This award winning\* program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

This program utilizes volunteer coaches to teach the eight two-hour sessions.



### \*Awards

**2006** Healthcare and Aging Award  
*American Society on Aging*

**2006** Innovations and Achievements Award  
*National Association of Area Agencies on Aging*



MANAGING CONCERNS ABOUT FALLS

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.

Start your New Year on the upright pathway to better health and quality of life. Join us for A Matter of Balance at Hult Center for Healthy Living

Tuesdays, January 16-March 5  
9:30-11:30 am

or

Thursdays, January 18-March 7  
9:30-11:30 am

Contact

Marjorie Getz to register  
(309) 671-2907

[Marjorie.Getz@carle.com](mailto:Marjorie.Getz@carle.com)

## AN AWARD WINNING PROGRAM



**Do you have  
concerns about  
falling?**

## A Matter of Balance

can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.