

# **A Matter of Balance: Managing Concerns about Falls**

Age Requirements

60+

Available 24/7

No

Intake Process

To register, to host a workshop, or for more information, call (540) 635-7141

Provider Refer

Yes

Self Refer

Yes

Seniors First, The Shenandoah Area Agency on Aging

<https://seniorsfirst.info/>

Main

(540) 635-7141

207 Mosby Lane

22630 VA

United States

Monday: 8:00 am-4:30 pm

Tuesday: 8:00 am-4:30 pm

Wednesday: 8:00 am-4:30 pm

Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-4:00 pm

Saturday: Closed

Sunday: Closed

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 evidence-based 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 eight weeks for two hours each.

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Service Area(s)

Clarke County

,

Frederick County

,

Page County

,

Shenandoah County

,

Warren County

,

Winchester City

Email

[info@seniorsfirst.info](mailto:info@seniorsfirst.info)