



Concerned about falling?

Geisinger

A Matter of Balance

Many older adults are concerned about falling so they restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

Who should attend? Anyone who:

- Is concerned about falls
- Is interested in improving balance, flexibility and strength
- Has fallen in the past or has restricted activities because of falling concerns

What will I learn?

- To view falls as controllable
- To set goals for increasing activity
- Ways to reduce fall risks at home
- Exercises to increase strength/balance

Information, location, date and time

To register, call 866-415-7138 (PA Relay 711) or visit events.geisinger.org.

Bloomsburg YMCA
30 E. 7th St.

Wednesdays, March 15 – May 3
(Dates may change)
1 – 3 p.m.



Program supported by the Pennsylvania Department of Aging.

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.

A Matter of Balance Lay Leader Model. Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Discrimination is against the law

Geisinger Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you.

Call 800-447-4000 or TTY: 711.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-447-4000 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-447-4000 (телетайп: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-447-4000 (TTY: 711)。