



# MATTER OF BALANCE



**Q. What is A Matter of Balance?**

**A.** A Matter of Balance is an interactive, group workshop that includes 2 hour class sessions, twice-weekly for 4 weeks or 2 hour class sessions, once-weekly for 8 weeks. The workshop is led by two certified facilitators.

**Q. Who can benefit from A Matter of Balance?**

**A.** The workshop is ideal for adults seeking to reduce their 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.




**Q. What does A Matter of Balance do for participants?**

**A.** Participating in workshop activities result in positive behavior change, increased activity, decrease in falls, and the related symptoms. Through competing the programs, research demonstrates significant improvements in the way participants view falls as controllable.



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