

Wellness and Educational Workshops for Older Adults



A Matter of Balance

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance was developed to address the fear of falling in older adults. This evidence-based program has been shown to reduce fear of falling and increase activity levels among participants who complete the eight-week program.

NOW ENROLLING IN YOUR AREA!

Format:

2 Certified Peer Leaders
2 hour sessions
8 Weeks

Location:

The Highlands on the East Side
101 Highland Ave, Providence, RI 02906

Introductory Coffee Hour:

Monday, January 28th at 2 pm

Workshop Dates:

Beginning on Monday, February 4th 2-4 pm

Session 1: 2/4

Session 2: 2/11

Session 3: 2/18

Session 4: 2/25

Session 5: 3/4

Session 6: 3/11

Session 7: 3/18

Session 8: 3/25

Practical Strategies to Manage Falls

This program is for anyone who:

- worries about falling
- wants to improve balance, flexibility and strength
- has fallen in the past
- has restricted activities because of falling

You will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risk at home
- exercise to increase strength and balance

Participants who complete the program may earn a gift card!

For more information, contact:
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