

# DO YOU HAVE **concerns** about falling?



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

## **Register Now!**

**Sept. 9 to Oct. 28, 2024**

***Every Monday***

**12 to 2 pm**

**SPACE IS LIMITED!**

Classes are held once/ week for 8 weeks for 2 hours each.

**No Fee!**

Class limited to 12 participants

**Mountain View Senior Center**

**Dance & Movement Room**

**Register at Front Desk or**

**Call 650-903-6330**

This program is geared for older adults and includes facilitated discussion on fall prevention and a gentle but effective exercise program.

**Through discussions, role playing, videos and exercise, participants will explore ways to decrease fear of falling, increase activity level and reduce fall risks. Masks are required for coaches and participants.**

## **What Will I Learn?**

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

## **Who Should Attend?**

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

For more information, contact Tricia Catiggay OTR/L at [tcatiggay@stanfordhealthcare.org](mailto:tcatiggay@stanfordhealthcare.org) or 650-647-9161



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**Mountain View**

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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