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## **A Matter of Balance ~ Roanoke**

Date and Time

Weekly on Wednesday at 9:00am for 8 times

Event Region

Roanoke Valley

Event Type

Class

RSVP Info

Delaine Caldwell: [dcaldwell@loaa.org](mailto:dcaldwell@loaa.org); 540-345-0451 X 3041

Event Cost

\$0.00

Event Description

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance community classes can be offered both in-person and virtually. The in-person Matter of Balance includes 8 two-hour sessions, and the virtual A Matter of Balance includes 9 two-hour sessions. Both the in-person and virtual sessions are led by two trained facilitators for a small group of 8-12 participants. This nationally recognized program was developed at the Roybal Center at Boston University. The program enables participants to achieve significant goals. They gain confidence by learning to: view falls as controllable; set goals for increasing activity; make changes to reduce fall risk at home; and exercise to increase strength and balance. DATES: for 8 sessions starting November 29, 2023 and ending January 17, 2024 (Wednesdays).

Event Image or Sponsor Logo

Image



# A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS