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.

This program emphasizes practical strategies to manage falls.

**YOU WILL LEARN TO:**
- 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

**Senior Support Program of the Tri-Valley**

"Giving our best to a special generation"

WHERE: Heritage Estates
900 E. Stanley Blvd., Livermore, CA 94550
START DATE: Thursday, February 2nd, 2017, 1:30-3:30

Classes are held once a week on **TUESDAYS from 1:30-3:30 for 8 weeks.**

This program is **FREE!**
Sign-up at the front desk.

For more information please call:
**Nicole Albrecht or Joey Tchang:**
(925) 931-5379

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**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**
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**A Matter of Balance Lay Leader Model**
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

This project was supported, in part by grant number 90FP0018-01-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.
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Hosted by:
Alice Lai-Bitker from Peace of Mind Home Care and David McGuinness Senior Services

WHERE: Alameda Library
1550 Oak St., Alameda, CA
START DATE: Tuesday, January 3rd, 2017
10:00AM-12:00PM

Classes are held once a week on TUESDAYS from 10:00AM-12:00PM for 8 weeks.

This program is FREE!

There are 3 ways to sign up:
(510) 924-8529
guchida@peaceofmindhc.com
www.peaceofmindhc.com