



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

Practical strategies  
for reducing falls  
and building strength



In **eight, two-hour** classes, participants learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environments to reduce risk factors
- Use exercise to increase strength and balance

**What participants say:**

- 97%** Feel comfortable increasing activity
- 99%** Plan to continue exercising
- 97%** Are more comfortable talking about fear of falling
- 98%** Would recommend A Matter of Balance

**JUNIPER**  
Your Health. Your Community.

Juniper is a statewide network grounded in your local community to help you live well, get fit, and prevent falls.

[yourjuniper.org](http://yourjuniper.org) | Toll Free 1.855.215.2174



A Matter of Balance is for you if you are:

- Concerned about falls
- Have had a fall in the past
- Restrict activities because of concerns about falling
- Want to improve flexibility, balance and strength

A Matter of Balance is an evidence-based program, based on research conducted by the Roybal Center for Enhancement of Late-Life Function at Boston University. Through careful measurement over many years, the program has been proven to produce results.

**Join us** for these small-group classes, in your community, with your neighbors.

To find classes in  
your area visit:

**[yourjuniper.org](http://yourjuniper.org)**

Based on Fear of Falling: A  
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