

Contact: Kathy Compton
Alamo Area Council of Governments
8700 Tesoro, Suite 700
San Antonio, Texas 78217-6228
Phone (210) 362-5263
Fax (210) 225-5937
www.aacog.com
mail@aacog.com



For Immediate Release

A Matter of Balance – Managing Concerns About Falls Program

San Antonio, February 6, 2008 – The Alamo Area Agency on Aging, in partnership with the Comal County Senior Citizens Foundation, is pleased to announce the implementation of the A Matter of Balance – Managing Concerns About Falls Program in Guadalupe County. 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. A Matter of Balance: Lay Leader Model adapted the program led by health care professionals to one led by volunteer lay leaders, making it available more broadly to older adults in the community. Master trainers recruit and teach volunteers to lead the sessions, recruit participants, and sponsor classes.

Where and when are the classes?

Eden Place Meeting Room
1220 Jefferson Street
Seguin, Texas
Starts March 4, 2008
9 a.m. – 11 a.m.

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

During 8 two-hour classes, participants 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

Awards

2006 American Society on Aging, Healthcare and Aging Award

2006 National Association of Area Agencies on Aging, Innovations and Achievements Award

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

For more information, please call Kathy Compton, Alamo Area Agency on Aging, 210-362-5263.



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS