



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance program helps to reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.



The Program consists of eight 2-hour sessions

- *Set realistic goals for increasing activity levels*
- *Change your environment to reduce fall risk factors*
- *Increase strength and balance*



The Community HUB is a statewide resource for programs and services that improve health, prevent injury, and enhance quality of life for those at greatest need.

Contact us: info@iacommunityhub.org

Or call: 515 - 635 - 1285

Visit our website to learn more

www.iacommunityhub.org