

# Reduce Your FEAR OF FALLING



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

PRESENTED BY



**Brain Injury  
Alliance**

N E W J E R S E Y

A Matter of Balance is an award-winning, evidence-based program designed to manage falls and increase activity levels

## ARE YOU...

- Concerned about falls?
- Interested in improving balance, flexibility, and strength?
- Restricting activities due to falling concerns?



Classes are 2 hours long and are held 2x per week for 4 weeks.  
Contact us today to schedule your program.

## GOALS:

- Build confidence
- Empower individuals to increase activity
- Make changes to reduce fall risks



For questions, contact:

Laura Jacobs at 732-745-0200 or [ljacobs@bianj.org](mailto:ljacobs@bianj.org)

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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**A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

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